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MARCH/APRIL 2018

59 ★★★★ Spring Recipes

The Taste of Travel

Italy's Very Best Traditions

The World's Most Delicious Salads

New York's Delectable Melting Pot

FOOD ALLERGIES

The new science & what's really causing them

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features

62
The Food Allergy Boom
More people than ever before suffer from life-threatening reactions to one of life's most basic needs: food. Will a slew of new research help reverse this trend?
By Rachael Moeller Gorman

66
Tasting Tradition in Piedmont
In northwestern Italy, tucked among the Alps, you'll find farmers, cooks and bakers who still take the time to craft outstanding food, using techniques passed down through generations.
By Betsy Andrews

78
Burma's Flavor-Packed Salads
Love salad? Wait till you try these! Burmese cooks—who take surprising ingredients and boldly balance flavors, tastes and textures—may just be the ultimate salad masters.
By Kate Leahy

86
Chicken on the 7 Train
We sent food writer JJ Goode and photographer Andrew Scrivani to New York's most diverse food enclave—Queens. Their mission: find out how cooks from around the world transform good old chicken.
By JJ Goode

At La Corte di Canobbio in Cortemilia, Italy, 80-year-old Giuseppe Canobbio turns Piedmont's favorite nut—hazelnuts—into sweet delights like cookies, meringues, chocolate truffles and the torte on page 76.

COVER PHOTO: LEIGH BESCH; STYLING: DAN JACKEN (FOOD), GLENN JENKINS (PROPS). TEA-LEAF SALAD RECIPE, PAGE 85

PHOTO: ULF SVANE

Departments

4 **Editor's Letter** // 6 **Chatter** // 106 **Recipe Index** // 108 **Tastemakers:** Pardon the Disruption

nosh
Easy Healthy Recipes

11 **Wake Up Right**
Make a flagel bar

14 **5 Ingredients**
A spring fish dish

16 **The Formula**
Master sheet-pan suppers

18 **Cooking with Kids**
Irish soda bread

20 **Eat More Veg!**
4 fresh veggie sides

24 **One-Pot**
Saucy puttanesca pork chops

28 **Meatless Monday**
Lemony pasta with spring vegetables

30 **Pantry Cook**
Creamy clam & corn chowder

32 **30-Minute Solution**
Mango chicken & broccoli stir-fry

34 **Slow Cooker**
Tender sesame turkey wraps

36 **Snacks**
Stuffed mini bell peppers

41 **Just Tell Me What to Eat**
Have a green day

fresh
Ideas for a Better You

43 **Ramp Up for Spring**
This pungent wild leek marks the start of spring in Appalachia.

44 **Plant Your Plate**
Grow your own backyard salad bar and shake up the perfect dressing.

48 **Gardener to the Chefs**
Sara Gasbarra's unique produce finds are taking menus to the next level.

52 **High Marks in Sustainability**
Three colleges with greener, better food initiatives that go beyond the dining hall.

54 **Live Better, Save Money**
5 simple ways to reduce health care costs that no one is talking about.

56 **Why You're Really Craving Chocolate**
Yes, those cravings are real. No, they're not what you think they are.

58 **Eat to Beat It**
Colorectal cancer is up among the young. Here's what you need to know.

60 **What *Not* to Say to a Vegetarian**
According to a vegetarian.

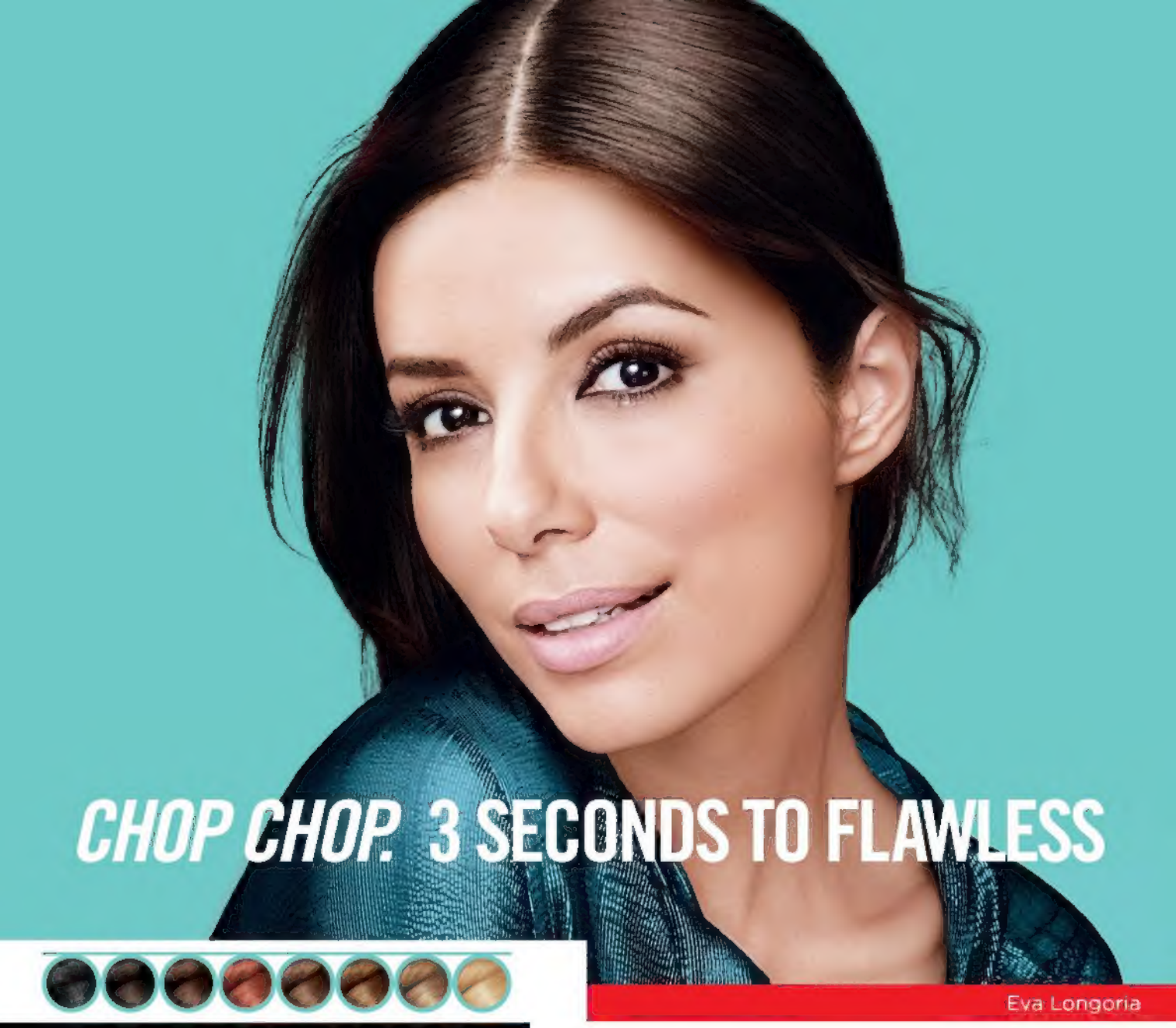
morsels
Smarts from Our Test Kitchen

99 **Chips Love Dip; We Love 'Em Both**
Our taste-testers crunched the latest veggie chips and coolest new dips to find the healthiest *and* tastiest.

102 **Need a New Dishwasher?**
We rounded up five all-star features to look for when you're shopping.

104 **Global Pantry**
Recap what? Head here for handy tips on never-heard-of-it ingredients used in some of our recipes.

HELEN NORMAN (2); BLAINE MOATS (2); COURTESY WARREN WILSON COLLEGE; CHIP SIMONS; EMMA DIBBEN (2)



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By JESSIE PRICE

Vendors selling seafood in Yangon, Myanmar's largest city.

The Taste of Travel

Last year during a work trip I stopped in San Francisco to visit my friends Gretchen and Howie. They suggested we go to a small Burmese restaurant—it was just a few blocks from their house and a good place to go with their two small kids. I love these friends, but food isn't their thing. And picking restaurants based on kid-friendliness didn't bode well. But I zipped it and kept my expectations low. *Oh man,* was I wrong. I was blown away. The next day I flew back to Vermont, but I couldn't get the salads, tossed right at the table, pungent with dried shrimp and spiked with hot peppers, lime and fresh herbs, out of my mind.

A few months later *Burma Superstar,* the eponymous cookbook about another San Francisco restaurant, came out. I got a copy and started with the salad chapter. I sizzled sliced garlic and onions and toasted chickpea flour. I plowed through a whole lot of fish sauce and limes. I tossed Burmese salads just for me and John, my husband. I made them for guests. I couldn't stop. The recipes exploded my whole concept of what salad is, in a good way!

This issue's food features are themed around the taste of travel. They may inspire you to book a ticket or perhaps more important they'll bring the taste of exotic places right into your kitchen. Right now! There's a story about Burmese salads *(page 78)* from Kate Leahy, the co-author of that cookbook I mentioned. (A note: When we first planned this story the political situation in Burma, also known as Myanmar, was calmer. We have watched the purge of the Rohingya population in that country with deep sadness.)

JESSIE PRICE
EDITOR@EATINGWELL.COM
@JESSIEEATSWELL

Author Betsy Andrews and photographer Ulf Svane take us along on their trip to Piedmont on page 66. They went to this northwestern Italian region, tucked up next to Switzerland and France, to learn more about the foods that influenced native son Carlo Petrini. He founded Slow Food, a worldwide movement dedicated to keeping traditional cooking techniques and ingredients from being lost. Sampling Andrews's homemade taglierini with pork and beef ragù and a torte made with nothing more than hazelnuts, eggs and sugar won Piedmont a place near the top of my list of where to visit next.

And closer to home, for years, I've heard from friends, "Oh, we really should go out to Queens and eat X," you name it, from Lebanese to Sichuan, Ecuadoran to Italian. So when New York photographer Andrew Scrivani suggested he do a survey of the best chicken dishes along the 7 subway line in this ultimate melting-pot borough, we were all in. We paired Scrivani with author JJ Goode to contribute writing and recipes. Our editorial team followed along via texts and photos from Vermont, drooling as the two tasted their way through the neighborhoods. You'll find the results of their work—goodies like Chicken Empanadas and Filipino Chicken Adobo—starting on page 86.

What are you waiting for? It's time to either hit the road or the kitchen!

INSET ERICA ALLEN

PHOTO PHILLIP GORNY

THE MINDFUL NUT

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Have Apron, Will Travel

Plan your next getaway around a cooking class

The Farm Cooking School, Titusville, NJ
Founded by *Gourmet* magazine alumni, this school is on a historic, working New Jersey farm (with a big red barn, of course). March class offerings include: French Brunch, Winter Produce and World Flat Breads (among many more). *From $75. thefarmcookingschool.com*

The Pantry, Seattle, WA
Classes at this Seattle hot spot sell out—in *days*—and are led by chefs from around the country. March options span The Modern Jewish Bakery to Malaysian Street Food to Seafood of the Pacific Northwest. *From $90. thepantryseattle.com*

Blackberry Farm, Walland, TN
This foodie vacation destination in East Tennessee has long been on our Editor-in-Chief's wish list. (One day, Jessie!) The 68-room luxury resort and restaurant offers activities like fly-fishing, horseback riding and spa treatments. Visit in April for a 3-day Cheese Geek event, part of its yearlong calendar of wine and food offerings. *From $800 (event fee; room sold separately). blackberryfarm.com*
—Lucy M. Casale

THE BIG FACEBOOK QUESTION

Imagine: You can jet-set anywhere in the world—with your fave chef! Who's the chef and where to?

The best would have been meeting **Julia Child,** cooking and drinking wine in her Paris kitchen.
—Pamela Bisson Mainville

Anthony Bourdain! Anywhere remote. Because the company, alcohol and snarky humor would make the best night ever.
—Gail Durkin Bobo

Jacques Pépin...wherever he may be cooking!
—Cathy Shuler

Giada De Laurentiis. Florence, Italy. I would love to taste her Nonna's 'Sartu di Riso.' It's a beautiful recipe.
—Phyllis Di Zeo

Ina Garten, with both our husbands in the Hamptons! I have all her cookbooks and would love to be in her kitchen, cooking those great recipes!!
—Audrey Book Esar

Alex Guarnaschelli. I would love to go to any one of her restaurants and just watch her cook and listen to her amazing stories.
—Brittany Anne

TRENDING NOW eatingwell.com

Spring Dinner Fix
Try our seasonal dinners for busy weeknights, like Grilled Pizza with Prosciutto, Corn & Basil or Rainbow Buddha Bowl with Cashew Tahini Sauce. *EatingWell.com/SpringDinnerFix*

30 Days of Meal Prep
Every day in April, get meal-prep recipes and tips to make life easier: salad mixes that keep all week, make-ahead lunches, and more. *EatingWell.com/30DaysMealPrep*

Easter Brunch
Wow your brunch crowd with festive recipes like our Carrot Cake Cheese Ball *(right)*, Giant Cinnamon Roll Cake or Bunny Butt Cake (yep, it's adorable!). *EatingWell.com/EasterBrunch*

IAN KNAUER; GABRIEL BOONE PHOTOGRAPHY; BEALL + THOMAS PHOTOGRAPHY; DEVON O'BRIEN

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PR REQUESTS: *Lisa.Callahan@meredith.com*

EDITORIAL, DIGITAL & LICENSING OFFICES:
120 Graham Way, Suite 100, Shelburne, VT 05482

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Spring to Life

It's time to dig out of winter hibernation and start entertaining again. Whether you invite friends for brunch complete with Bloody Marys and a flagel bar (aka the trendy flat bagels you see here) or have family over for a festive spring feast, the following pages are filled with easy ideas.

HELEN NORMAN

Build-Your-Own Flagel Buffet

No, it's not a typo. These flat bagels typically have a larger surface area to pile on yummy toppings. And this DIY spread is the perfect low-key solution for a spring brunch get-together. Here are some toppings and combinations for inspiration—or get creative with your own favorites.

Veggies
- ❑ Avocado
- ❑ Caperberries and capers
- ❑ Cucumbers
- ❑ Microgreens
- ❑ Pickled beets
- ❑ Radishes
- ❑ Red onion

Spreads
- ❑ Cream cheese
- ❑ Cultured butter
- ❑ Goat cheese
- ❑ Honey

Other Toppers
- ❑ Smoked fish, such as salmon, trout and sablefish
- ❑ Lox
- ❑ Snipped fresh herbs

4 Combos to Try
- ❑ Cream cheese + smoked trout + radishes
- ❑ Goat cheese + smoked salmon + red onion + dill + microgreens
- ❑ Cream cheese + avocado + capers + microgreens
- ❑ Cultured butter + smoked sablefish + radishes + microgreens

ADD IT

Not a fish fan? Here's another option for your spread: add sliced deli meats, like *Oscar Mayer Deli Fresh*, which are free from artificial preservatives.

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07

Roasted Barramundi with Asparagus Gremolata

ACTIVE: 25 min **TOTAL:** 25 min

Serve up this fish with some roasted new potatoes. They'll need to cook for 20 to 25 minutes. Start them on the bottom rack of the oven while you prep this recipe and then cook the fish and asparagus on the middle rack when you're ready

- **1 pound asparagus, trimmed**
- **1 pound barramundi *(see Tip)* or mahi-mahi, skinned and cut into 4 portions**
- **2 tablespoons lemon zest**
- **4 tablespoons lemon juice, divided**
- **½ cup chopped fresh parsley**
- **1 large clove garlic, grated**

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray. **2.** Thinly slice ½ cup asparagus and set aside. Toss the remaining asparagus in a large bowl with 1 tablespoon extra-virgin olive oil and ¼ teaspoon each salt and pepper. Spread on the prepared baking sheet. Place fish on top of the asparagus. Drizzle the fish with 2 tablespoons lemon juice and 1 tablespoon oil and season with ¼ teaspoon each salt and pepper. Roast until the fish flakes easily with a fork, 6 to 10 minutes. **3.** Meanwhile, combine the reserved asparagus with zest, parsley, garlic, 2 tablespoons oil and the remaining 2 tablespoons lemon juice in the bowl. Serve the gremolata on top of the fish.

SERVES 4: 4 oz. fish, ¾ cup asparagus & 3 Tbsp. gremolata each

CAL 241 / **FAT** 16G (SAT 2G) / **CHOL** 47MG / **CARBS** 5G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 2G / **SODIUM** 337MG / **POTASSIUM** 90MG.

ALL ABOUT THE BASS

Flaky white barramundi (aka Asian sea bass) has a respectable amount of omega-3s (667 mg per 4-oz. serving vs. 147 mg for mahi and 1,127 mg for wild salmon). And farmed barramundi is rated a Best Choice by Seafood Watch. Find retailers at *thebetterfish.com*.

+GO FISH Find more recipes & sustainable fish choices at eatingwell.com/webextra

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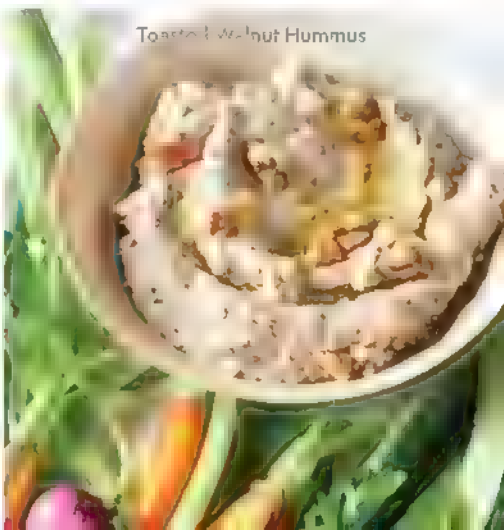
Fiery Hot Cheddar Walnuts

Walnut Energy Bars


Toasted Walnut Hummus

The One-Pan Plan

We hate doing dishes, too, so we want to show you the smartest way to make dinner on one sheet pan. Some savvy juggling will guarantee your ingredients end up perfectly cooked at the same time.

Sheet-pan success is all about three things: uniformity, staggered timing and layering. Cutting foods into evenly sized pieces means even cooking. To make things easy we've divided our veg into slow- and fast-cooking groups. Roots like potatoes, beets and carrots need more time in the oven, so they go in first. Softer vegetables, such as leafy greens, tomatoes and onions, cook more quickly, so they get stirred in later, and the protein goes on top. And voilà everything's done at once.

Pick at least one item from each category and choose your flavor adventure.

Root Vegetables
1 lb. total, peeled, if desired, and cut into ½-inch pieces
- Beets
- Carrots
- Celeriac
- Parsnips
- Potatoes
- Sweet potatoes
- Turnips

Other Vegetables
4 cups total (6 cups dark leafy greens)
- Asparagus, cherry tomatoes *or* snap peas, halved
- Brussels sprouts *or* mushrooms, halved or quartered, if large
- Onion, 1-inch wedges
- Dark leafy greens (kale, collards, bok choy), chopped

Proteins
1¼ lbs., trimmed if necessary
- Chicken: Cutlets *or* boneless skinless thighs
- Pork: Tender loin, cut into 1-inch-thick slices, *or* boneless chops
- Steak: Skirt *or* flat-iron
- Fish: Cod *or* salmon fillets
- Dry sea scallops
- Shrimp (16-20 count), peeled and deveined

Spices
1 tsp. total
- Dried herbs: Dill, rosemary, sage, tarragon *or* thyme
- Ground coriander, cumin, fennel *or* dry mustard; garlic powder
- Spice blends like Cajun seasoning, chili *or* curry powder, garam masala, Italian seasoning

Flavor Boosters
3 Tbsp.
- Chopped bacon *or* fresh herbs
- Shredded *or* crumbled cheese
- Toasted nuts *or* seeds
- Vinegar *or* citrus juice

MASTER METHOD

1. Preheat oven to 425°F

2. Toss **ROOT VEGETABLES** with 1 Tbsp. **extra-virgin olive oil** and ¼ tsp. each **salt** and **ground pepper.** Spread evenly on a rimmed baking sheet. Roast for 15 minutes

3. Toss **OTHER VEGETABLES** with 1 Tbsp. **extra-virgin olive oil** and ¼ tsp. each **salt** and **ground pepper.** Stir into the root vegetables.

4. Sprinkle **PROTEIN** with **SPICES** and ¼ tsp. each **salt** and **ground pepper.** Place on top of the vegetables. Roast until the protein is cooked and vegetables tender, 10 to 15 minutes more.

5. Transfer the protein to a serving platter. Stir **FLAVOR BOOSTER** into the vegetables and serve alongside the protein.

Active: 15 min
Total: 35 min
Serves 4: 4 oz. protein & 1 cup vegetables each
Nutrition Info: Page 106

+Get the complete recipes at eatingwell.com/webextra

CHERRY BOMB
rutabaga + cherry tomatoes + pork tenderloin + sage + coriander + balsamic vinegar
THIGH MASTER
sweet potatoes + Brussels sprouts + chicken thighs + thyme + cumin + sherry vinegar

Lesson: Irish Soda Bread 101

Fifteen minutes is all it takes to get this whole-grain loaf in the oven

By JOY HOWARD

ALL RISE

When baking soda is mixed with an acid (in this case buttermilk) and exposed to heat, a chemical reaction is unleashed that releases carbon dioxide. The CO_2 produces pockets of air that make this bread rise.

CURRANT EVENTS

Dried currants have little to do with fresh ones. Made from a miniature black grape variety called Zante, their label as "currants" likely is due to an incorrect translation of their city of origin, Corinth, in Greece.

CRUST LOVE

Cast-iron amasses more thermal energy per pound than other cooking mediums, so it gets hotter faster. This means a crunchier crust on bread.

Irish Soda Bread with Dried Fruit & Caraway

ACTIVE: 15 min **TOTAL:** 1½ hrs (including 30 min cooling time)
EQUIPMENT: 9-inch cast-iron skillet

This bread experienced a rise in popularity in Ireland in the mid-1800s when baking soda was an easier leavener to come by than yeast.

- **1 tablespoon unsalted butter**
- **4½ cups white whole-wheat flour**
- **½ cup currants**
- **½ cup golden raisins**
- **1 tablespoon caraway seeds**
- **1 teaspoon baking soda**
- **1 teaspoon kosher salt**
- **2¼ cups buttermilk**

1. Preheat oven to 425°F.
2. Warm a 9-inch cast-iron skillet in the oven for 5 minutes. Remove the pan from the oven and add butter, swirling to coat the bottom and sides.
3. Combine flour, currants, raisins, caraway seeds, baking soda and salt in a large bowl. Gradually add buttermilk, stirring just until the flour is fully incorporated. Do not overmix. The dough should be sticky and a little shaggy.
4. Transfer the dough to the prepared pan, using a spatula to spread it evenly. It's OK if it doesn't reach all the way to the sides. Use a sharp knife to score a deep X in the top of the loaf.
5. Bake until cooked through and golden brown, about 40 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool for at least 30 minutes before slicing.

SERVES 12: one 2-inch-thick slice each

CAL 214 / **FAT** 1G (SAT 1G) / **CHOL** 4MG / **CARBS** 45G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 5G / **SODIUM** 354MG / **POTASSIUM** 235MG

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Hey Mom!
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EASTER MADE EASY

These sides are perfect for spring entertaining. The artichokes can be made ahead and served at room temperature, and the salad comes together right before you sit down.

Fennel, Radish & Cucumber Salad

ACTIVE: 15 min **TOTAL:** 15 min

This supremely crunchy salad is best when spring vegetables are sliced as thinly as possible—a great excuse to pull out the mandoline if you have one.

- **1½ cups thinly sliced cucumber**
- **1¼ cups thinly sliced fennel**
- **1¼ cups thinly sliced radishes**
- **2 tablespoons lemon juice**
- **2 tablespoons extra-virgin olive oil**
- **¼ teaspoon ground pepper**
- **2 tablespoons chopped fresh dill**
- **½ teaspoon flaky sea salt, such as Maldon**

Toss cucumber, fennel and radishes with lemon juice and oil in a medium bowl. Season with pepper. Arrange on a serving platter and sprinkle with dill and salt.

SERVES 4: 1 cup each

CAL 85 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 5G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 319MG / **POTASSIUM** 266MG.

Steamed Artichokes with Herb Aioli

ACTIVE: 15 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate aioli (Step 3) for up to 5 days.

The simplest way to prep artichokes: cook them whole and eat your way to the tender heart leaf by leaf.

- **4 large artichokes (about 2½ pounds)**
- **⅓ cup mayonnaise**
- **1½ tablespoons chopped fresh herbs, such as chives *and/or* parsley**
- **1½ teaspoons lemon juice**
- **¼ teaspoon Dijon mustard**
- **1 small clove garlic, grated**
- **⅛ teaspoon salt**
- **Pinch of ground pepper**

1. Cut off the top inch of leaves from the artichokes. Remove the outer layer of small, tough leaves from the stem end. Snip any remaining spiky tips from the outer leaves. Cut off and discard the stems.

2. Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add the artichokes. Cover and steam until tender, adding more hot water as necessary, 30 to 35 minutes.

3. Whisk mayonnaise, herbs, lemon juice, mustard, garlic, salt and pepper in a small bowl. Serve with the artichokes.

SERVES 4: 1 artichoke & 2 Tbsp. aioli each

CAL 245 / **FAT** 21G (SAT 3G) / **CHOL** 12MG / **CARBS** 13G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 6G / **SODIUM** 373MG / **POTASSIUM** 434MG.

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Cauliflower Risi e Bisi

ACTIVE: 20 min **TOTAL:** 20 min

Our spin on the traditional Venetian risotto swaps in cauliflower rice for arborio; spring peas and Parmesan cheese keep the rest of the dish classic.

- **2 tablespoons extra-virgin olive oil**
- **½ cup sliced scallions**
- **3 cloves garlic, minced**
- **4 cups cauliflower rice, fresh or frozen**
- **2 cups peas, fresh or frozen**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **2 tablespoons water**
- **1 cup whole milk**
- **2 teaspoons cornstarch**
- **½ cup grated Parmesan cheese**
- **2 tablespoons chopped fresh parsley, plus more for serving**

1. Heat oil in a large skillet over medium heat. Add scallions and garlic; cook, stirring, for 30 seconds. Add cauliflower rice, peas, pepper and salt; cook, stirring occasionally, for 3 minutes. Add water and continue cooking until the cauliflower is softened, 3 to 5 minutes more.
2. Whisk milk and cornstarch in a small bowl and add to the cauliflower. Cook, stirring, until the sauce is creamy and thick, about 2 minutes. Remove from heat and stir in Parmesan and parsley. Serve hot, topped with more parsley, if desired.

SERVES 6: about 1 cup each

CAL 160 / **FAT** 8G (SAT 2G) / **CHOL** 10MG / **CARBS** 15G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 4G / **SODIUM** 256MG / **POTASSIUM** 389MG

RICE TRADE

Slash more than 100 calories per serving when you swap an equal amount of cauliflower rice for cooked white rice. Plus you get 2 grams of fiber (white rice has zero) and nearly half your daily vitamin C needs.

Carrot-Peanut Noodle Salad

ACTIVE: 15 min **TOTAL:** 15 min

Unrefined peanut oil is way more flavorful than its refined counterpart. It is one of the trio of peanutty ingredients that makes this simple salad stand out.

- **1 pound carrots, trimmed**
- **2 tablespoons unrefined peanut oil**
- **2 tablespoons creamy natural peanut butter**
- **1 tablespoon lime juice**
- **1 tablespoon reduced-sodium tamari**
- **1 tablespoon water**
- **2 tablespoons chopped fresh herbs, such as mint, basil *and/or* cilantro**
- **1 tablespoon chopped salted roasted peanuts**

1. Using a vegetable peeler or spiralizer, cut carrots lengthwise into long thin strands or strips.
2. Whisk oil, peanut butter, lime juice, tamari and water in a large bowl. Add the carrots and gently toss to coat. Serve sprinkled with herbs and peanuts.

SERVES 4: 1 cup each

CAL 165 / **FAT** 12G (SAT 2G) / **CHOL** 0MG / **CARBS** 13G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 287MG / **POTASSIUM** 391MG.

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SURE CURE

Unlike brined olives like Kalamatas, oil-cured olives have a meatier bite because they're coated in salt then macerated in oil. Look for them on olive bars or with other Italian products

Puttanesca Pork Chops

ACTIVE: 30 min **TOTAL:** 30 min

Here's proof that this bold Neapolitan sauce can liven up more than just spaghetti. Serve with sautéed broccoli rabe and whole-wheat orzo.

- 4 boneless pork loin chops, about ¾ inch thick (1-1¼ pounds)
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt
- 2 tablespoons extra-virgin olive oil, divided
- 4 cloves garlic, chopped
- 2 anchovy fillets, minced, *or* 1 teaspoon anchovy paste
- 2 cups cherry tomatoes, halved
- ¼ cup pitted oil-cured olives
- 1 tablespoon capers, rinsed
- ¼ cup dry white wine

1. Sprinkle pork with ¼ teaspoon pepper and salt. Heat 1 tablespoon oil in a large skillet over medium-high heat. Reduce heat to medium and add the pork. Cook, turning once, until browned and an instant-read thermometer registers 140°F, about 8 minutes. Transfer to a plate and tent with foil to keep warm.
2. Add the remaining 1 tablespoon oil, garlic and anchovies (or anchovy paste) to the pan. Cook, stirring, for 30 seconds. Add tomatoes, olives, capers and the remaining ¼ teaspoon pepper; cook, stirring, for 1 minute. Add wine and crush the tomatoes with a potato masher or spoon. Simmer until the sauce is thickened, 2 to 4 minutes. Return the pork and any juices to the pan, turning to coat with the sauce.

SERVES 4: 1 chop & ½ cup sauce each

CAL 181 / **FAT** 16G (SAT 3G) / **CHOL** 59MG / **CARBS** 6G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 20G / **FIBER** 1G / **SODIUM** 456MG / **POTASSIUM** 447MG

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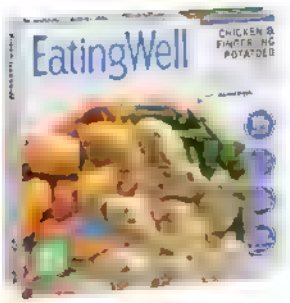

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Lemony Linguine with Spring Vegetables

ACTIVE 30 min **TOTAL** 30 min

Instead of cooking pasta in a huge pot of water, here we use just 3½ cups. When the pasta is al dente, most of the water has evaporated and the bit that's left is thickened with the starch that cooks off the pasta. With just a few add-ins like lemon and Parmesan cheese you have a delicious silky sauce.

- 8 ounces whole-wheat linguine or fettuccine
- 4 cloves garlic, thinly sliced
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 3½ cups water
- 1 9-ounce package frozen artichoke hearts
- 6 cups chopped mature spinach
- 2 cups peas, fresh or frozen
- ½ cup grated Parmesan cheese, divided
- ½ cup half-and-half
- 1 tablespoon lemon zest
- 3-4 tablespoons lemon juice

1. Combine pasta, garlic, salt and pepper in a large pot. Add water. Bring to a boil over high heat. Boil, stirring frequently, for 8 minutes.
2. Stir in artichokes, spinach and peas and cook until the pasta is tender and the water has almost evaporated, 2 to 4 minutes more.
3. Remove from heat and stir in ¼ cup cheese, half-and-half, lemon zest and lemon juice to taste. Let stand, stirring occasionally, for 5 minutes. Serve sprinkled with the remaining ¼ cup cheese.

SERVES 4: 1¾ cups each

CAL 372 / **FAT** 7G (SAT 3G) / **CHOL** 14MG / **CARBS** 64G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 18G / **FIBER** 15G / **SODIUM** 581MG / **POTASSIUM** 930MG.

CARCIOFI SONO BUONI

Compounds in artichokes, such as chlorogenic acid and inulin, may improve blood sugar control, according to Italian researchers.

+ONE-POT PASTAS More inspiration at eatingwell.com, website

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DOUBLE WHAMMY

A preliminary study found that healthy bacteria in your gut feed off broccoli's fiber *and* help activate its cancer-fighting compound, sulforaphane. Reap the most benefits by eating about 4 servings each week.

Clam Chowder with Broccoli Stems & Corn

ACTIVE: 30 min **TOTAL:** 50 min

Keeping frozen corn, canned clams and clam juice on hand means spur-of-the-moment chowder in any season. If you typically compost your broccoli stems, save them for this soup—they hold up better than florets. Set out bowls of toppings like diced red bell pepper, snipped chives or more bacon.

- 1½ cups frozen corn, thawed
- 2 strips bacon, chopped
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped broccoli stems, peeled if woody
- 1 cup chopped onion
- 3 cups chopped potatoes (½-inch pieces)
- 3 cloves garlic, minced
- ¼ cup all-purpose flour
- 2 cups bottled clam juice
- 1 cup low-sodium chicken broth
- 2 6.5-ounce cans chopped clams, drained, juice reserved
- ¾ cup half-and-half
- ½ teaspoon ground pepper

1. Thoroughly pat corn dry with paper towels. Heat a large pot over medium-high heat. Add the corn and cook, undisturbed, until starting to brown, about 3 minutes. Transfer the corn to a small bowl and set aside.

2. Add bacon and oil to the pot. Cook, stirring occasionally, until the bacon is crisp, about 2 minutes. Using a slotted spoon, transfer the bacon to the bowl with the corn.

3. Add broccoli stems and onion to the pot. Cook, stirring occasionally, until tender, about 4 minutes. Add potatoes and garlic; cook, stirring, for 1 minute. Sprinkle the vegetables with flour and cook, stirring, for 1 minute. Stir in bottled clam juice, broth and the reserved juice from the clams. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until the potatoes are tender, about 15 minutes.

4. Stir in clams, half-and-half, pepper and the reserved corn and bacon. Cook for 2 minutes.

SERVES 6: 1⅓ cups each

CAL 256 / **FAT** 10G (SAT 3G) / **CHOL** 26MG / **CARBS** 33G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 5G / **SODIUM** 658MG / **POTASSIUM** 810MG.

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Stir-Fried Chicken & Broccoli with Mango Chutney

ACTIVE: 30 min **TOTAL:** 30 min

Resist the urge to make this stir-fry in a skillet instead of a wok, which will hold all your ingredients better. Buy a carbon-steel wok at an Asian market (or online) for around $30. Make one stir-fry and you'll wonder how you survived without it.

- 5 cups water
- 8 ounces whole-wheat capellini
- 1 tablespoon toasted (dark) sesame oil
- ¼ cup low-sodium chicken broth
- ¼ cup mango chutney
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons white vinegar
- 2 large cloves garlic, finely grated
- 2 teaspoons cornstarch
- ¼ teaspoon crushed red pepper
- 2 tablespoons grapeseed oil, divided
- 1 pound boneless, skinless chicken breasts, trimmed and sliced (½ inch)
- 5 cups broccoli florets
- 1 bunch scallions, whites cut into 1-inch pieces and greens sliced, divided

1. Bring water to a boil in a large pot. Add pasta and cook, stirring often, until just tender, 2 to 3 minutes. Drain. Toss with sesame oil.

2. Meanwhile, whisk broth, chutney, soy sauce, vinegar, garlic, cornstarch and crushed red pepper in a small bowl. Set aside.

3. Heat 1 tablespoon grapeseed oil in a 14-inch flat-bottom carbon-steel wok over high heat until hot but not smoking. Add chicken and cook, stirring often, until just cooked through, 5 to 6 minutes. Transfer to a plate.

4. Reduce heat to medium, add the remaining 1 tablespoon oil, broccoli and scallion whites to the wok, cook, stirring, until just tender, 2 to 3 minutes.

5. Return the chicken to the wok. Make a well in the center of the ingredients and add the reserved sauce. Cook, stirring and combining it with the chicken and vegetables, until the sauce is thickened, about 2 minutes. Serve over the pasta. Garnish with scallion greens.

SERVES 4: 1¼ cups stir-fry & 1 cup pasta

CAL 515 / **FAT** 16G (SAT 2G) / **CHOL** 63MG / **CARBS** 62G / **TOTAL SUGARS** 13G (ADDED 9G) / **PROTEIN** 34G / **FIBER** 8G / **SODIUM** 747MG / **POTASSIUM** 800MG.

Pasta, Pronto
All pasta is not created equal, when it comes to cooking times that is. Whole-wheat capellini cooks up in just a couple minutes.

Mise en Place
This French term means doing all the recipe prep before you start cooking. It's especially important for quick-cooking recipes like this stir-fry, where your garlic could incinerate if forgotten while chopping broccoli.

Special Sauce
Find mango chutney with other Indian ingredients at the supermarket. Choose one with ginger, sometimes labeled "Major Grey's," for the best flavor.

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Slow-Cooker Sesame Turkey Wraps

ACTIVE: 30 min **TOTAL:** 3½-6½ hrs
TO MAKE AHEAD: Refrigerate the filling for up to 3 days. **EQUIPMENT:** 3½- to 4-quart slow cooker

Using store-bought sauce boosts flavor without adding hands-on cooking time. Ditto for the package of broccoli slaw, which lends a nice layer of crunchy texture to the tender pulled turkey.

- **3½ pounds bone-in turkey *or* chicken thighs, skin removed**
- **1 cup prepared sesame stir-fry sauce *or* teriyaki sauce**
- **¼ cup water**
- **1 16-ounce package broccoli slaw mix**
- **12 8-inch tortillas, preferably whole-wheat, warmed**
- **¼ cup sliced scallions**

1. Lightly coat a 3½- to 4-quart slow cooker with cooking spray. Add turkey (or chicken). Mix sauce and water and pour over the meat.
2. Cover the slow cooker and cook on High for 3 hours or Low for 6 hours.
3. Remove the meat to a cutting board, let cool slightly. Discard the bones and shred the meat. Return to the slow cooker and stir in broccoli slaw. Cover and let stand for 5 minutes.
4. To serve, use a slotted spoon to place some of the meat mixture on each tortilla. Top with scallions and spoon some of the sauce on top, if desired. Roll up and serve immediately.

SERVES 12: 1 wrap each
CAL 315 / **FAT** 8G (SAT 2G) / **CHOL** 105MG / **CARBS** 28G / **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 34G / **FIBER** 3G / **SODIUM** 653MG / **POTASSIUM** 378MG.

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Saved By the Bells

Add a serving of vegetables to your day by snacking on these stuffed baby peppers. Bonus: Get more than 100% of your recommended daily value of vitamin A, which helps maintain healthy skin, teeth and bones.

Garlic & Tomato

Fill 6 **mini bell pepper** halves with 2 tsp. **low-fat cottage cheese** each. Sprinkle ¼ cup sliced **cherry tomatoes,** 1 Tbsp. **pine nuts** and a pinch of **garlic powder** over the stuffed peppers.

Cream Cheese & Chive

Fill 6 **mini bell pepper** halves with 1 tsp. softened **reduced-fat cream cheese** each. Sprinkle ½ tsp. chopped fresh **chives** and a pinch of **cayenne pepper** over the stuffed peppers.

Lemony Tuna Salad

Combine ½ cup drained **chunk light tuna,** 2 Tbsp. **low-fat plain yogurt** and 2 tsp. **lemon juice.** Fill 6 **mini bell pepper** halves with a generous 1 Tbsp. of the tuna mixture each. Sprinkle 1 Tbsp. diced **red onion** and ⅛ tsp. **lemon zest** over the stuffed peppers.

Spiked Egg Salad

Mix 1 chopped **hard-boiled egg** with 2 Tbsp. **low-fat plain Greek yogurt.** Fill 6 **mini bell pepper** halves with about 1 Tbsp. of the egg mixture each. Sprinkle a pinch of **Mrs. Dash Original seasoning blend** over the stuffed peppers.

Hummus & Feta

Fill 6 **mini bell pepper** halves with 2 tsp. **roasted red pepper hummus** each. Sprinkle 1 Tbsp. crumbled **low-fat feta cheese** and ½ tsp. chopped fresh **parsley** over the stuffed peppers.

Total: 5 min each
Nutrition info: Page 106

ELAINE MOATS, STYLI

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Add-on maintenance treatment for patients 12 and older with severe eosinophilic asthma.
FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems.

FASENRA is a targeted treatment that works with your body to target eosinophils, a key cause of severe asthma.

If you're living with asthma that sometimes needs emergency care or oral steroids, it may be eosinophilic asthma. **Targeted FASENRA may help.** FASENRA attracts cells in your immune system to break down and remove eosinophils. The mechanism of action of FASENRA is not fully understood.

FASENRA is clinically proven to:

Reduce the risk of severe asthma attacks

Lower daily oral steroid use

Improve lung function

Your results may vary

Do not stop taking your other asthma medicines, including corticosteroids, unless instructed to do so by your healthcare provider. The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

IMPORTANT SAFETY INFORMATION

Do not receive FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

Before receiving FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you receive FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your health care provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit ***www.fda.gov/medwatch*** *or call* ***1-800-FDA-1088.***

Please see brief summary of full Prescribing Information on following page.

Ask an asthma specialist if FASENRA is right for you or visit FASENRA.com for more information.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before receiving FASENRA for the first time and each time you receive a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider (HCP) about your medical condition or treatment

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma

- FASENRA is not used to treat other problems caused by eosinophils
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not receive FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before receiving FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will receive FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you receive FASENRA

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to

How will I receive FASENRA?

A healthcare provider will inject FASENRA under your skin (subcutaneously) every 4 weeks for the first 3 doses, and then every 8 weeks.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. These reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

The most common side effects of FASENRA include headache and sore throat

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α-trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive. Ask your HCP for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.FASENRA.com.

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11/17 LS-16872

For more information, visit **FASENRA.com**
Or call **1-800-236-9933**

Fasenra™
(benralizumab)
Subcutaneous Injection 30 mg

AstraZeneca

Have a Green Day

Chowing down on 6 or more servings of dark leafy greens a week could help fend off Alzheimer's disease and other forms of dementia. This 1,500-calorie meal plan gets you more than halfway there.

Breakfast • 357 cal
Spinach-Avocado Smoothie
1 cup each nonfat plain **yogurt** and **spinach,** 1 frozen **banana,** ¼ **avocado,** 2 Tbsp. **water** and 1 tsp. **honey.**

Snack • 145 cal
Fire Ants on a Log
Two 4-inch **celery sticks** with 1 Tbsp. each **peanut butter** and **dried cherries.**

Lunch • 390 cal
Sesame-Ginger Chicken Salad
Toss 4 cups **romaine,** 3 oz. cooked **chicken,** ½ cup **spinach,** ¼ cup each **carrots** and **radishes** and 1 sliced **scallion** with 3 Tbsp. prepared **sesame-ginger dressing.** Serve with 1 small **pear.**

Dessert • 142 cal
Chocolate-Pistachio Kiwi
1 sliced **kiwi,** 2 tsp. melted **dark chocolate** and 1½ tsp. salted **pistachios.**

Dinner • 447 cal

Roasted Salmon with Smoky Chickpeas & Greens

ACTIVE: 40 min **TOTAL:** 40 min

This dish features the Test Kitchen's current go-to method for doctoring a can of chickpeas. Spice them up and roast until crispy.

- **2 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon smoked paprika**
- **½ teaspoon salt, divided, plus a pinch**
- **1 15-ounce can no-salt-added chickpeas, rinsed**
- **⅓ cup buttermilk**
- **¼ cup mayonnaise**
- **¼ cup chopped fresh chives *and/or* dill, plus more for garnish**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon garlic powder**
- **10 cups chopped kale**
- **¼ cup water**
- **1¼ pounds wild salmon, cut into 4 portions**

1. Position racks in upper third and middle of oven; preheat to 425°F.

2. Combine 1 tablespoon oil, paprika and ¼ teaspoon salt in a medium bowl. Very thoroughly pat chickpeas dry; then toss with the paprika mixture. Spread on a rimmed baking sheet. Bake the chickpeas on the upper rack, stirring twice, for 30 minutes.

3. Meanwhile, puree buttermilk, mayonnaise, herbs, ¼ teaspoon pepper and garlic powder in a blender until smooth. Set aside.

4. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add kale and cook, stirring occasionally, for 2 minutes. Add water and continue cooking until the kale is tender, about 5 minutes more. Remove from heat and stir in a pinch of salt.

5. Remove the chickpeas from the oven and push them to one side of the pan. Place salmon on the other side and season with the remaining ¼ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 8 minutes.

6. Drizzle the reserved dressing on the salmon, garnish with more herbs, if desired, and serve with the kale and chickpeas.

SERVES 4: 4 oz. salmon, ¾ cup kale, ¼ cup chickpeas & 2½ Tbsp. dressing each

CAL 447 / **FAT** 22G (SAT 4G) / **CHOL** 73MG / **CARBS** 23G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 37G / **FIBER** 6G / **SODIUM** 557MG / **POTASSIUM** 991MG.

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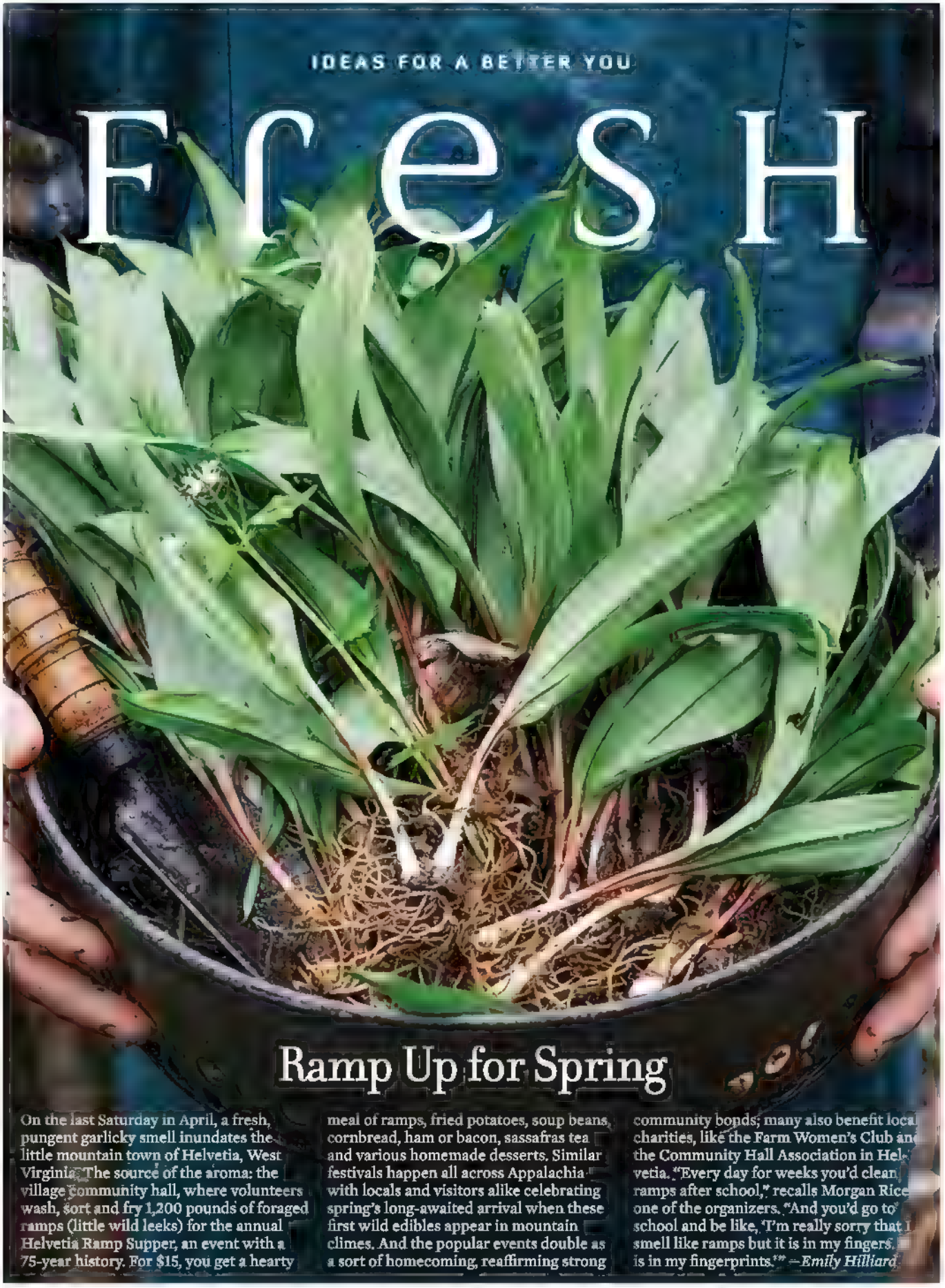


Ramp Up for Spring

On the last Saturday in April, a fresh, pungent garlicky smell inundates the little mountain town of Helvetia, West Virginia. The source of the aroma: the village community hall, where volunteers wash, sort and fry 1,200 pounds of foraged ramps (little wild leeks) for the annual Helvetia Ramp Supper, an event with a 75-year history. For $15, you get a hearty meal of ramps, fried potatoes, soup beans, cornbread, ham or bacon, sassafras tea and various homemade desserts. Similar festivals happen all across Appalachia with locals and visitors alike celebrating spring's long-awaited arrival when these first wild edibles appear in mountain climes. And the popular events double as a sort of homecoming, reaffirming strong community bonds; many also benefit local charities, like the Farm Women's Club and the Community Hall Association in Helvetia. "Every day for weeks you'd clean ramps after school," recalls Morgan Rice, one of the organizers. "And you'd go to school and be like, 'I'm really sorry that I smell like ramps but it is in my fingers. It is in my fingerprints.'" —*Emily Hilliard*

+HOW TO COOK RAMPS Try our Scrambled Eggs with Ramps & Bacon at eatingwell.com/webextra

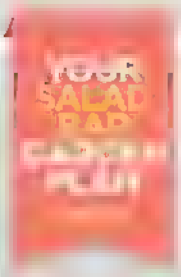
Plant Your Plate

Is there anything better than fresh, in-season veggies straight from your local farm? Actually, yes. How about tender greens and crunchy snap peas and radishes that only have to travel the distance from your backyard to the salad bowl? That's the inspiration behind Plant Your Plate—a new joint initiative between *EatingWell* and our sister publication *Better Homes & Gardens*. They're supplying the green thumb know-how and we're offering creative ways to transform your bounty into something truly special.

This month, we're kicking things off with a step-by-step plan and pro advice for planting your own salad garden (both outdoors and in, for those of you who prefer to go the container-growing route). Flip forward a page and you'll find recipes for a dozen salad dressings that will make your just-picked-5-seconds-ago produce even more delicious. And keep an eye out: Plant Your Plate will be popping up in each issue throughout the year, with more tips, products and clever ideas to keep you growing.

By Shaun Dreisbach

Photos by Blaine Moats



There's an old gardening truism that says what grows together goes together. This plan from *Better Homes & Gardens* is a case in point: all the salad greens and veggies can be mixed and matched in endless ways—and work no matter which combo you choose. They can also be planted in early spring in most locations. Best of all, *BH&G* picked vegetables that are foolproof and quick-growing, because everyone loves a little instant garden gratification.

Dimensions:
13 feet x 8 feet

What to Plant (and where):

1. 'Green Salad Bowl' lettuce
2. 'Easter Egg' radish
3. Baby leaf spinach
4. 'Buttercrunch' lettuce
5. 'Red Salad Bowl' lettuce
6. 'Little Finger' carrot
7. Bunching onions
8. 'Bright Lights' chard
9. 'Snow Bird' snap pea
10. Mesclun mix
11. 'Maestro' pea
12. White & purple kohlrabi
13. Colored mix cauliflower
14. 'Pacman' broccoli

GROW LIKE A PRO

Already a seasoned green thumb? Then by all means, go ahead and dig right in. But for gardening novices, this primer will help you get started.

Choose the right plants. These particular plants grow best in full sun, so scout your garden location accordingly. And check with your local garden cooperative extension to find out the best time to plant based on the area of the country you live in.

Adapt it out. Want a bigger—or smaller—garden than our plan calls for? No problem. Scale the size up or down by adding or eliminating plants according to our basic layout.

Mark it out. Lay out a garden hose to mark the outline of each bed—or stake the four corners and run string between them for a straighter edge—then dig along the line to establish the edge of your bed. Finally, add a border, like stones or brick edging, to help keep weeds from creeping in, or a fence if hungry deer or rabbits might be a problem.

Prep the soil. The plants in this salad garden thrive best in moist, well-drained, nutrient-rich soil. So consider adding a liberal layer of organic matter, like compost—especially if your soil contains lots of sand or clay. (You could also do a raised bed.)

Get growing. Once the seeds or plants are in the ground, water them every other day for the first two weeks. Then make sure the garden gets around an inch of water a week (whether it comes from Mother Nature or your hose). For more tips and troubleshooting advice, head to *eatingwell.com/plantyourplate*—you'll find answers to every garden-related question under the sun.

WANT TO PLANT YOUR PLATE INDOOR...

If you don't have the space—or bandwidth—for a big outdoor garden, grow greens right on your countertop or small outdoor space, like a deck. These particular lettuces do well indoors and we love the unique flavor, color and texture they add to salads. Just snip, rinse and plate. No weeding required.

What to Plant

- 'Green Salad Bowl' lettuce
- 'Galactic' lettuce
- 'Green Forest' lettuce
- 'Red Salad Bowl' lettuce
- 'Tango' lettuce

Grow Them

- Make sure the container has good drainage.
- Plant your greens in good-quality potting soil.
- Place the container in a sunny place.
- Water every other day. The soil should be moist, but not drenched.

plant your plate

Dress Your Greens

Try our no-fail formula for shaking up a tasty vinaigrette. Recipe schmecipe. All you need to remember is the simple equation at right. Measure. Vigorously shake. DONE. To expand on the flavors, experiment with any of these ingredients.

Oil (pick one, ½ cup)

- ❑ avocado oil
- ❑ canola oil
- ❑ corn oil
- ❑ extra-virgin olive oil
- ❑ grapeseed oil
- ❑ hazelnut oil
- ❑ peanut oil
- ❑ sunflower oil
- ❑ walnut oil

Acid (pick one, ¼ cup)

- ❑ balsamic vinegar
- ❑ champagne vinegar
- ❑ cider vinegar
- ❑ lemon juice
- ❑ lime juice
- ❑ orange juice
- ❑ red-wine vinegar
- ❑ rice vinegar
- ❑ sherry vinegar
- ❑ ume vinegar
- ❑ white vinegar
- ❑ white-wine vinegar

Aromatic (onion/garlic family)

- ❑ 2 tsp. sliced chives
- ❑ 2 tsp. minced garlic scapes
- ❑ 2 tsp. minced onion
- ❑ 2 tsp. minced ramps
- ❑ 2 tsp. sliced scallion
- ❑ 2 tsp. minced shallot
- ❑ 1 tsp. minced garlic
- ❑ ⅛ tsp. garlic powder
- ❑ ⅛ tsp. onion powder

Flavoring (add ¾ tsp. salt and/or any of the below)

- ❑ 1 Tbsp. minced fresh herbs
- ❑ 1 tsp. anchovy paste
- ❑ 1 tsp. fish sauce
- ❑ 1 tsp. honey
- ❑ 1 tsp. hot sauce
- ❑ 1 tsp. lemon, lime or orange zest
- ❑ 1 tsp. maple syrup
- ❑ 1 tsp. mustard
- ❑ 1 tsp. sambal oelek
- ❑ 1 tsp. sesame oil
- ❑ 1 tsp. low-sodium soy sauce or tamari
- ❑ 1 tsp. Worcestershire sauce
- ❑ 1 tsp. yuzu kosho
- ❑ 1 tsp. lightly toasted whole spices, crushed or coarsely ground
- ❑ ½ tsp. ground spices

The Mason Tap
What is this contraption, you ask? It's your ticket to 2-second vinaigrettes. Literally: Add your ingredients, screw on the top (the tap fits any regular-mouth mason jar), shake and pour through the built-in spout. Beats bottled dressing any day! ($20; *amazon.com*)

+GET DRESSED Shake up your salad routine with more dressing recipes at eatingwell.com/webextra

½ C. CORN OIL + ¼ C. LIME JUICE + 2 TSP. SHALLOT + 1 TSP. HONEY + 1 TSP. LIME ZEST + ¾ TSP. SALT

½ C. GRAPESEED OIL + ¼ C. CIDER VINEGAR + 2 TSP. CHIVES + 1 TSP. CHINESE MUSTARD + 1 TSP. SESAME OIL + ¾ TSP. SALT

½ C. OLIVE OIL + ¼ C. SHERRY VINEGAR + 2 TSP. SHALLOT + ¾ TSP. SALT

½ C. OLIVE OIL + ¼ C. RED WINE VINEGAR + 2 TSP. SHALLOT + 1 TSP. DIJON MUSTARD + ¾ TSP. SALT

½ C. OLIVE OIL + ¼ C. LEMON JUICE + 1 TSP. GARLIC + 1 TSP. ANCHOVY PASTE + ¾ TSP. SALT

½ C. GRAPESEED OIL + ¼ C. WHITE WINE VINEGAR + 2 TSP. SCALLION + 1 TSP. TOASTED CARAWAY SEEDS + ¾ TSP. SALT

½ C. HAZELNUT OIL + ¼ C. RICE VINEGAR + 2 TSP. SHALLOT + 1 TSP. HONEY + ¾ TSP. SALT

½ C. OLIVE OIL + ¼ C. BALSAMIC VINEGAR + 2 TSP. RAMPS + 1 TSP. ORANGE ZEST + ¾ TSP. SALT

½ C. OLIVE OIL + ¼ C. CHAMPAGNE VINEGAR + 2 TSP. CHIVES + 1 TSP. TOASTED CORIANDER SEEDS + ¾ TSP. SALT

½ C. PEANUT OIL + ¼ C. LIME JUICE + 2 TSP. SCALLION + 1 TBSP. MINT + 1 TSP. FISH SAUCE + 1 TSP. LIME ZEST + ¾ TSP. SALT

½ C. WALNUT OIL + ¼ C. CHAMPAGNE VINEGAR + 2 TSP. WHITE ONION + 1 TBSP. TARRAGON + 1 TSP. HONEY + ¾ TSP. SALT

½ C. OLIVE OIL + ¼ C. LEMON JUICE + 2 TSP. SHALLOT + 1 TBSP. PARSLEY + 1 TSP. LEMON ZEST + ¾ TSP. SALT

By KATE SILVER

Gardener to the Chefs

Her produce finds take restaurants' menus to the next level

On a recent trip to the Napa Valley, Sara Gasbarra tasted an unusual type of cherry tomato called Blue Gold Berries and fell hard for its rich, complex sweetness. She included it among the 72 tomato plants she grew from seed in her one-bedroom Chicago apartment. But the purple-hued fruits are temporary guests. They're destined for the chefs she supplies as founder and "lead garden girl" behind Verdura, her culinary garden-design consulting company that plans, plants and tends urban gardens for restaurants. Clients include Cindy's (*shown here*), the Palmer House Hilton and NoMI Kitchen at Park Hyatt in Chicago and Nicky's Coal Fired and Bastion in Nashville.

Gasbarra gets giddy over hard-to-find ingredients like Blue Gold Berries. ("Everybody can get their hands on Sun Golds," she shrugs.) Another favorite: kinome leaf, the young foliage of Japanese prickly ash, which tastes like citrus with a pleasant tongue-tingling effect. Then she presents her finds to her chefs: why buy humdrum produce when they can grow their own exotic food—minus the stress of actually tending the garden? When the gardens bloom, chefs find menu inspiration right outside their doors, whether they're picking a rose-scented geranium to infuse pastry cream or gathering Peruvian white habaneros for a hot pepper jam. "They get to engage in the fun part of the process," says Gasbarra. "The harvest."

Want to fill your garden with gourmet goodies like Gasbarra's? Baker Creek Heirloom Seeds is one of her go-to sources. Follow her at *@saragasbarra* on Instagram for more inspiration.

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High Marks in Sustainability

It's time for seniors to pick their colleges. These three get an A+ when it comes to greener, better food initiatives.
By Lucy M. Casale

University of California
Davis, CA
The Agricultural Sustainability Institute at UC Davis is a breeding ground for agriculture research and action—and introducing students to new veggies. On the Institute's 20-plus acre farm, 500 students practice ecological horticulture, learn vineyard management and grow organic crops. And the produce they grow doesn't just show up at the dining halls that serve the 30,000 undergrads. It's also sold to a 100-member weekly CSA program, available to students and employees. Members get things like rutabagas, serrano peppers, kohlrabi and sweet potato leaves. Who needs a meal plan with options like that?

Sterling College
Craftsbury Common, VT
At this 150-student school, taking care of the planet is priority number one—whether it's learning about cutting-edge farm practices, the ethics of global warming, or connecting the natural world through art to spark change. Sterling also offers courses year-round to the public on subjects like Surviving the Future and Farming the Woods, led by pioneers and food legends such as Temple Grandin, Ruth Reichl and Sandor Katz. This dedication goes beyond the classroom as well: 35 percent of Sterling's food is grown on campus and it sources another 53 percent from within a 250-mile radius.

Warren Wilson College
Swannanoa, NC
In a state known for its pork production, this Asheville-adjacent college stands out for its student-run farm that specializes in pasture-raised pork, as well as grass-fed beef, poultry and lamb. With 165 acres of permanent pasture *(below)*, the school produces around 45,000 pounds of meat annually. Cafeteria cooks serve it up as burgers and pork sausage. The college bookstore also sells the farm's beef, pork, lamb and chicken. Overall, about a third of the food served to the 700 students is grown on campus or purchased locally.

GET SCHOOLED
The Real Food Challenge is a nationwide campaign to shift $1 billion of university food budgets to local food by 2020. Visit *realfoodchallenge.org* to learn how your school can join.

My pets need different foods. How should I handle this?

Feeding pets different diets isn't always the easiest juggling act, but it's important to keep them from straying from their own food dish, especially when you're dealing with a medical condition or weight problem. Here are some ways to make mealtimes a little easier.

Create Physical Solutions
The simplest way is to physically separate them into different rooms during mealtimes. And get creative. If one pet is a nibbler and the other a chowhound, create barriers that one can access but the other can't, such as putting cat food up on a table that the dog can't get to or using a pet door that only opens for a specific pet to access a separate room with the food. When one pet is eating a weight-loss diet and the other is trim, create a setup where the normal-weight cat is fed in a box with an entrance that the larger pet can't fit into.

Let Technology Do the Work
Consider putting automatic feeders in separate areas of the house that can be set to go off simultaneously to encourage pets to go to their feeder at the same time. Some advanced feeders only allow access to food after reading a chip on your pet's collar.

Ask Your Vet If There's a Diet They Both Can Eat
In some cases there may be a solution that's appropriate for all dogs or all cats in the household. Heart disease, for example, may require reducing sodium, and that type of diet is usually fine for all pets, even those without heart problems. It's worth consulting your vet, and could save you from having to police your pets at mealtime.

Deborah E. Linder, D.V.M., M.S., D.A.C.V.N., *petfoodology.org*

+WOOF Find more answers to your pet questions at eatingwell.com/webextra

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By MICAELA YOUNG, MS

Live Healthier & Save Money

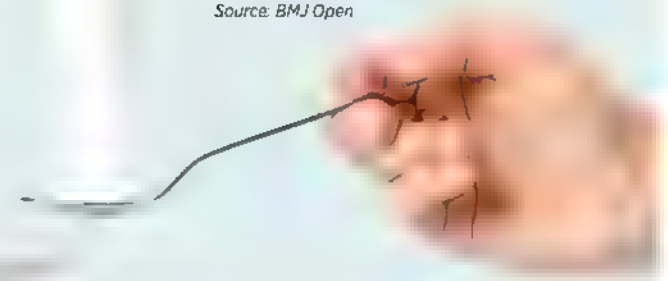
Six simple ways to reduce health care costs that no one's talking about

A whopping $3.3 trillion was spent on U.S. health care in 2016. The national debate focuses on curbing these costs through cheaper delivery of care, but this is backward, says Dariush Mozaffarian, M.D., M.P.H., dean of Tufts University's Friedman School of Nutrition Science and Policy. "At least $1 trillion is spent on diseases related to diet, such as heart disease, stroke and diabetes, meaning these are preventable or delayable," which equals savings. But this solution is never brought to the table. The challenge: Getting everyone—from the public to policymakers—to understand that we can fix health care by fixing our health. "There's a lobby for drugs, hospitals and physicians because those things make a profit. In our case, we would just be saving money. And there's no lobby for saving money," he says. Just look at these projected numbers that estimate even small changes can result in big savings for us all.

$31B

The total savings by 2035 if every American adult **capped daily added sugars** as the American Heart Association recommends at 6 teaspoons (24 grams) for women, 9 teaspoons (36 g) for men. Not only are added sugars empty calories, they also cause inflammation, promoting diseases like non-alcoholic fatty liver disease—which is predicted to soon eclipse the current top causes of expensive liver transplants (hepatitis C and alcoholism).

Source: BMJ Open



$1,848

Savings every insomniac could pocket annually by **getting at least 7 hours of sleep.** A good night's rest helps organs like the heart function optimally. Insomnia affects up to 30 percent of adults and sufferers are more likely to have other costly conditions, like high blood pressure and heart disease.

Source: Sleep

$15,925

The per-person amount insurance providers—and, subsequently, all of us—would save for **every adult who maintains a healthy BMI after age 50.** Extra weight promotes inflammation that increases the risk of developing a host of costly diseases, including heart disease, cancer, dementia—even depression.

Source: Obesity

$12.7B

How much Americans would save annually in costs related to constipation if all adults got **25 grams of fiber daily** (an increase of about 9 grams per day for the average person). This condition affects about 15 percent of American adults and necessitates over 4 million trips to the doctor and more than $1 billion spent on laxatives yearly.

Source: BMC Public Health

$7B

Potential annual savings if Americans **cut out 400 mg of sodium**—the amount in half a large slice of pepperoni pizza—from their daily intake. Eating fewer salty foods would greatly reduce the need for high blood pressure treatment.

Source: New England Journal of Medicine

$117B

The annual reduction in U.S. health care costs if all Americans got at least **150 minutes of physical activity weekly.** Exercise not only benefits the heart, it also reduces levels of hormones that can promote the development of cancers, such as breast and colon.

Source: Progress in Cardiovascular Diseases

+FIBER UP Get delicious, fiber-full recipes at eatingwell.com/webextra

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THE TRUTH METER

By Julia Westbrook

LAVENDER HELPS YOU SLEEP

Sniffing lavender as part of a healthy nighttime routine (including limiting screen time before bed and sticking to a consistent schedule) improves rest more than just practicing smart sleep habits alone.

EATING BEANS CAUSES GAS

After eating beans daily for a week, 35% of subjects reported flatulence. This fell by half at week 2. By week 8, only 3% had gas. Fiber causes some gas, but beans' reputation may make people exaggerate the fart factor.

SPICY FOODS CAUSE ULCERS

Bacterial infections cause 90% of ulcers; the rest stem from regular NSAID painkiller use. While spicy food may irritate existing ulcers, capsaicin (the chile compound that brings the heat) may actually help prevent them.

It's OK to Crave Chocolate, Period.

If you crave chocolate around your period, you're not alone, but culture—not biology—may be the culprit. Research out of the University at Albany, found that American-born women were more likely to have chocolate cravings when they're PMS-ing compared to U.S. transplants who were born in another country. What gives? Study co-author Julia Hormes, Ph.D., explains that vilifying decadent foods is part of American culture. "We want it, but we're told we shouldn't have it," she says. "The more we try to stay away from something, the more we obsess about—and eventually crave—it." That's not the case in other countries, like France. These yearnings spike during PMS because American societal norms say that's one of a few acceptable times to indulge (pregnancy is another)—a mental excuse that amplifies hankerings.

The solution: eat it! "Have one piece of high-quality chocolate every day," Hormes says. Removing the taboo helps you stop fixating and going hog-wild for it during "socially acceptable" times. Because let's be real—it's always acceptable to have a little chocolate. *Julia Westbrook*

YOU ASKED

[redacted]

This diet du jour has all kinds of buzz—it melts away pounds, cures brain fog and makes you a better athlete. But are these benefits legit?

This low-carb plan is similar to Atkins—no grains, fruits or starchy vegetables—but more fat-focused. On a 2,000-calorie diet, it recommends 150 grams of fat (about 70 percent of your daily calories), plus 125 grams of protein and just 50 grams of carbohydrates. Following this formula forces the body to burn fat instead of carbs for fuel, a process called ketosis.

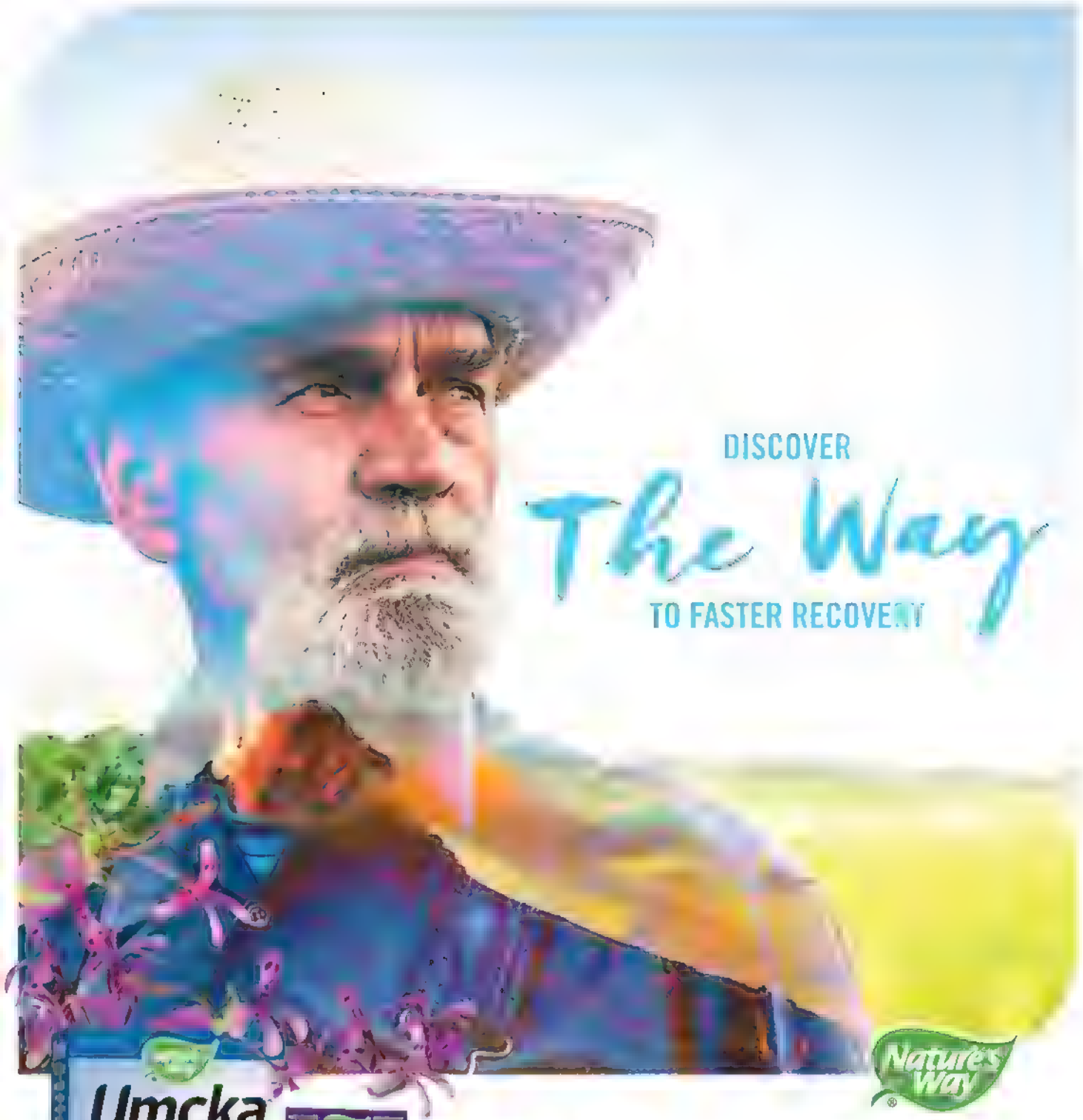
Research suggests that, yes, this diet can lead to weight loss. But researchers believe that since the diet essentially eliminates an entire food group, it encourages people to naturally eat less. So while it may promote body-fat burning, there's nothing really magic about keto for weight loss. Protein has also been shown to help dieters lose pounds, but that's not unique to the keto diet, either. And there's evidence that much of the initial weight loss on this fairly high-protein diet is water weight. Other alleged boons—namely enhanced mental and physical performance—don't check out.

Plus, the diet itself is problematic. It's super-sensitive (read: restrictive!). A single carb-rich snack can nudge the body out of ketosis. And, while fat isn't as villainous as we once thought, making it 70 percent of your diet is extreme, raising concern about heart health. The extra protein could also overtax your kidneys if you don't drink enough water.

Another issue: a diet so low in fruits, vegetables and whole grains could be lacking in folate, phosphorus, selenium and fiber. Speaking of fiber, lots of saturated fat plus very low fiber is a recipe for constipation.

Sure, you may lose weight on this diet, but that doesn't mean that it's a healthy one. And it's so hard to maintain that few people stick with it long enough to reap the rewards. *—Amy Paturel, M.S., M.P.H.*

+MORE KETO QUESTIONS? We tried it for 30 days. Find out what happened at eatingwell.com/webex



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By KAREN ANSEL, MS, RDN

Eat to Beat It

For years, colorectal cancer was something that only older people had to worry about. Not anymore. Here's how to protect yourself at any age.

Overall U.S. rates of colorectal cancer—an umbrella term for colon and rectal cancers—have been on the decline since the 1980s (yay!). But cases in adults under 50 have spiked 22 percent since 2000 (yikes!). An American Cancer Society study found that people in their mid-20s today have double the risk of colon cancer and four times the odds of rectal cancer than those the same age did 40 years ago.

Typically, colorectal cancer targets people over 50, which is why you're not even screened until then, so health experts are puzzled by these numbers. The increase in our couch-potato lifestyles and weight problems may explain part of the rise, but researchers say this can't account for the entire problem. They speculate that factors like increased exposure to antibiotics and upticks in processed meat consumption may also play a role.

Experts are weighing whether to recommend earlier screenings. And, if you notice signs of colorectal cancer, such as rectal bleeding, blood in your stool or prolonged abdominal discomfort, diarrhea or constipation, get checked out no matter how young (or old) you are.

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3 Ways to Protect Your Gut

Grain On. Whole grains are loaded with cancer-quashing nutrients like selenium, copper, zinc, vitamin E and fiber. Three daily servings can reduce your odds of colorectal cancer by 17 percent, according to a new American Institute for Cancer Research report.

Dairy Up. Getting two servings of dairy a day can cut your cancer risk by 18 percent, thanks largely to calcium, which binds toxic substances in the colon and whisks them out of the body. Plus, the casein and lactose in milk help your body use calcium. Bonus: Getting your protein from dairy (like plain yogurt) instead of potentially carcinogenic red meat could further slash your risk.

Move It. Exercise can help burn off excess body fat and quell inflammation, two risk factors for colon cancer. It's so powerful that a *British Journal of Cancer* study found that the most active people were 24 percent less likely to develop the disease than those who were the least active. The researchers recommend aiming for five to six hours of activity (say, brisk walking) per week.

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By DIANA SPECHLER

carrots ever
Kobe beef, really?
Do you think plants have feelings?
Did you hear about the unfortunate kale calorie crash?
What about deer overpopulation?

What *Not* to Say to a Vegetarian

According to a vegetarian

It happened when I was a teenager: one day, quite suddenly, I could no longer stand the idea of eating meat. At the time we had a severely obese yellow Labrador retriever named Penelope who we sang to and took on boat rides and who my little brother believed was his wife. I couldn't bear the hypocrisy that dogs were family members who sometimes wore sweaters, but chickens were assholes who deserved to be deep-fried. By and large, I've kept those thoughts to myself during my 20 years as a vegetarian. It's not my style to preach to meat-lovers. (Plus, *awkward*!) But, oh man, do they have a lot to say to me.

"I read an article that said you can die from being a vegetarian."

"See, but I'm an adventurous eater. I ate grasshoppers in Oaxaca. And ants. I was scraping grasshopper legs out of my teeth for hours. I don't understand why anyone wouldn't want that experience."

"OK, but you eat chicken, right?"

"You can just pick the pork out."

"There's beef in it, but very little."

"That's why you're always cold."

"That's why your hair is thin."

"You're crying because you need protein. Vegetarianism causes depression."

"I don't trust anyone who doesn't eat bacon."

"That's cool. I would be vegetarian, but my body doesn't want me to give up meat. Listening to my body has totally changed my life. I tried vegetarianism once for a few days and my body was like, *no*. Just. No, Brenda."

"Do you believe that, like, plants have feelings?"

"Are you Buddhist?"

"Are you Hindu?"

"Are you Seventh-day Adventist?"

"I have a lot of respect for that. I wouldn't do it, but seriously: Right on."

"So, if the world's best chef made you, like, Kobe beef, you'd be like, 'No, thanks, I'll have a carrot'?"

"White privilege."

"Humans are hunters."

"No, but humans are hunters."

"Do you *know* how bad deer overpopulation would be without hunting?"

"I love animals too. *In my BELLY!*"

"Can't you just eat around it?"

"Do you basically just eat lettuce?"

"But it's just mashed potatoes and gravy. I don't understand..."

"Do you fart constantly? I went vegan once for two weeks on a dare and my farts were epic."

"I've met people like you. Do you talk to crystals? I knew this chick who was vegetarian and she was always barefoot and talking to crystals. She went to Burning Man. Have you been to Burning Man? I heard it's pretty much a bunch of trust-fund kids on acid having sex and wearing goggles."

"See, I think it's totally natural to eat meat as long as the chicken is free-range and the beef is grass-fed and the method of slaughter is cruelty-free."

"It's not meat, though, it's chicken stock."

"It's not meat, though, it's lard."

"Gelatin isn't meat, though, it's gelatin."

"Did you hear about the couple that died from eating too much kale?"

"Vegetarians are so sanctimonious."

"Don't even talk to me."

"Seriously, *don't*."

So mostly, I don't talk back. Usually, I laugh, because the comedians are harmless. (I'm not so B_{12}-deficient that I can't take a joke.) The omnivorous-and-oblivious are harmless too. And I don't even bother contradicting the preachers. They're just looking to squash that tiny suspicion that eating meat might be a tad inhumane, or a tad less healthy, or a tad environmentally reprehensible. I get it because, deep down, I'd like to quiet the inner voice telling me I'm inferior to vegans — that they're stronger than me, more hard-core than me, probably also younger and hipper and more shiny-haired than me. But if asked how I justify eating that piece of smoked provolone — or Taleggio or raclette or really any cheese that's not a "cheese food" — all I can say is:

"My body doesn't want me to give up dairy. I tried it once for a few days and my body was like, *no*. Just. No, Diana."

DIANA SPECHLER *is the author of* Who by Fire *and* Skinny, *and has written for* GQ, Bon Appétit *and other publications.*

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THE FOOD ALLERGY BOOM

More people than ever before suffer from life-threatening reactions to one of life's most basic needs: food. Will a slew of new research help reverse this trend?

By Rachael Moeller Gorman

Photo by Chip Simons

Tara Mataraza Desmond remembers the sound distinctly: a small whimper from the crib of her 4-month-old, Miles, loud enough to wake her and her husband in the dark of night. Over the past months, Miles's skin had become increasingly rough, blotched with rashy eczema bumps and in the mornings, his crib sheet would be mottled with bloodstains from the scratches his tiny fingernails would make as he itched. Desmond, a recipe developer and cookbook author, was nursing her twin boys at the time, and knew that eczema could be linked to food allergies. She thought, "This is from something I'm ingesting. I just felt sure of it in my gut."

Several months later, when Miles was ready for solid food, Desmond sat him in his high chair, took a breath, and fed him a spoonful of plain, homemade whole-milk yogurt. Within minutes, his face looked like someone had smeared rouge all over it. She immediately sent a photo to her pediatrician, who confirmed it looked like a milk allergy. Desmond cut all dairy from both her and Miles's diet, and brought him to an allergist, where he tested positive for life-threatening allergies to milk, egg, tree nuts, peanuts, sesame and sunflower.

No one else in the family—even Miles's twin brother—had food allergies. "This was out of nowhere. It felt like a cruel joke from the universe for a food professional like me," says Desmond. Since then, Miles, now 5, has taken three trips to the ER for accidental ingestion. "It terrifies me," says Desmond, who shudders about the stories of children dying after being exposed to an allergen and not getting treatment in time. "It's every parent's worst nightmare that despite our best efforts to educate and prepare, one little slip-up with food could kill our child."

This is the life that more than 4 million American children and their families live—and those numbers have been steadily increasing for decades, according to research published in the *Journal of Allergy and Clinical Immunology*. In 1999, 3.4 percent of kids had a food allergy; in 2011, the number jumped to 5.1 percent; and by 2015, it was 5.7 percent. The prevalence of peanut allergy alone more than tripled between 1997 and 2008. Even scarier: A recent insurance company assessment found that the number of claims related to anaphylactic food reactions—which cause the airway to constrict and can kill if not treated quickly—increased *377 percent* nationwide between 2007 and 2016.

All this is not exactly news in an age where kids often aren't allowed to bring peanut butter sandwiches to school, restaurants everywhere encourage customers to report food allergies, and the question parents automatically ask before play dates is, "Any food allergies we need to know about?" The million-dollar question is: Why is this happening? What has changed so drastically to trigger this widespread problem? Researchers have several ideas (*see "Why Are Food Allergies on the Rise?" on page 65*), but one of the most controversial theories involves the fact that the old infant-feeding guidelines turned out to be 100 percent wrong. "There was certainly a problem before the guidelines happened. But they didn't stem the tide," says Kari Nadeau, M.D., Ph.D., director of the Sean N. Parker

The Top 8 Allergens

While some kids have allergies to random foods like kiwi, the foods on this list are far and away the biggest offenders. Among kids with food allergies, here's the percentage affected by each of these everyday foods. (A third of the kids are allergic to more than one.)

1. **Peanuts** 25%
2. **Milk** 21%
3. **Shellfish** 17%
4. **Tree nuts** 13%
5. **Eggs** 10%
6. **Fish** 6%
7. **Wheat** 5%
8. **Soy** 5%

What's an Allergic Kid to Eat?

Whether you have one or need to be mindful of an allergic child—at school or on play dates—take it from Tara Mataraza Desmond (shown right, with Miles): forget one-for-one swaps, like searching for a cheese substitute. "It's too paralyzing," she says. Her solution: try a workaround—an entirely different dish that captures the same experience. —*Julia Westbrook*

Reimagine Comfort Food
If your kid wants comfort food (mac & cheese!) but can't have dairy? "I think: what are the feelings or flavors that those dishes deliver?" says Desmond. She came up with cauliflower fettuccine with garlic, olive oil and toasted herb breadcrumbs. "It was an extremely comforting, textural experience for everyone," she says.

Snack on Grab-and-Go Produce
Many prepackaged snacks either contain allergens or are made in a factory that processes them. Desmond opts for whole foods, like carrot sticks, apple slices or grapes, that have no ingredient labels to pore over. "Leaning on basic foods can be liberating," she says. "Because in most cases, they're your safest bet."

Think Beyond SunButter
When PB&Js are off the table, you need a lunch that will get your kid equally jazzed. For Desmond's children, it's chimichurri sauce. "My kids would pour it on their shoes and eat them!" she says. Smear it on bread with some sliced chicken and veggies or do as she does and serve it over tuna noodle salad.

Center for Allergy and Asthma Research at Stanford University. In fact, they may have made the growing problem even worse. Now, new research is aiming to dig us out of this widespread dilemma.

Guidelines Gone Wrong

Food allergies used to be rare. Even as recently as the early 1980s, few children had them. But in the 1990s, more and more kids' immune systems began overreacting to everyday foods—a chain reaction that begins when food proteins bind to immune molecules in the body called IgE. Those IgE molecules then attach to other immune cells that spurt out histamine and other inflammatory chemicals, and can very quickly cause a life-threatening anaphylactic reaction that must be promptly treated with the epinephrine from an EpiPen.

In response to this upswing, the American Academy of Pediatrics released recommendations in 2000 advising new moms to breastfeed exclusively until their babies were at least 6 months old, and if their infants were "high risk" for food allergy (those with a family history) to avoid common food allergens such as peanuts and tree nuts, and consider eliminating cow's milk, eggs, nuts and fish (the proteins are passed on through breast milk). Parents were also told to delay giving high-risk kids dairy products until age 1, eggs until age 2, and peanuts, nuts and fish until age 3. Often, however, pediatricians gave this advice to *all* parents, not just those with infants prone to food allergies. The guidelines came with the following caveat: "Conclusive studies are not yet available to permit definitive recommendations. However, the following recommendations seem reasonable at this time."

If these guidelines seem rather Draconian, they were. Parents had to bend over backwards to avoid these foods, both in their own diets (for nursing moms) and their child's. Yet they were based almost entirely on "expert opinion," not solid research. "Not unlike a lot of guidelines at the time, there were people who sat around in a room and, based on what they thought, made decisions and developed recommendations," says food allergy researcher Wesley Burks, M.D., executive dean of the University of North Carolina School of Medicine. They surmised that delaying the introduction of these allergens would give an infant's immune system time to mature and respond normally when finally exposed to the food, preventing allergies from occurring. This idea was based partly on research in mice, and on some observational studies showing that when mothers nursed exclusively and avoid allergenic foods, it led to less eczema, which is linked to food allergies. Experts had the best intentions, but were working with limited data. Despite the fully acknowledged uncertainty of these recommendations, pediatricians all over the country—and world—began counseling parents to avoid feeding allergens to their babies.

But by 2010, the science of immunology had evolved dramatically—a lot more research had been conducted and a clearer picture of how allergies work had emerged—and experts began to think that waiting to introduce allergenic foods might not be so helpful after all. A panel convened by the National Institutes of Health revised the recommendations to say that, in general, there was probably no need for infants beyond 4 to 6 months to steer clear of common allergens. This was, again, based largely on "expert opinion."

Then, in 2015, everything changed. British researchers had noticed that Jewish children living in the United Kingdom were 10 times more likely to develop peanut allergy than Israeli children of similar ancestry. One reason they thought this might be is that in Israel, parents freely give their babies peanut products, usually by 7 months of age. To determine whether this early introduction of peanuts could be *protective* against allergies—rather than promote them—they conducted a trial called Learning Early About Peanut Allergy (LEAP), recruiting 640 infants between 4 and 11 months who were considered high-risk for developing the allergy. The babies were split into two groups: one that regularly ate a peanut snack called Bamba, and another that wasn't exposed at all. Five years later, the peanut-eating group had *86 percent* fewer cases of peanut allergy than those who avoided them.

This landmark study stunned the world. "LEAP was a game-changer because it proved through a randomized, controlled trial that it was better to eat peanuts early and often to decrease the likelihood of developing an allergy," says Nadeau. "It flew in the face of the mantra that we should avoid them until 2 or 3 years of age." In 2017, based primarily on the LEAP findings, the NIH panel published new guidelines for peanuts that completely flipped the script—recommending that kids with an elevated risk (including those with severe eczema or an egg allergy) start eating foods containing them around 4 to 6 months of age, as long as they were given the go-ahead from an allergist first. There has been no formal update for other allergens, but it was a big lesson learned. Recent research estimates that early exposure to peanuts and other foods could prevent tens of thousands of kids from developing allergies, and perhaps stall, if not reverse, the trend.

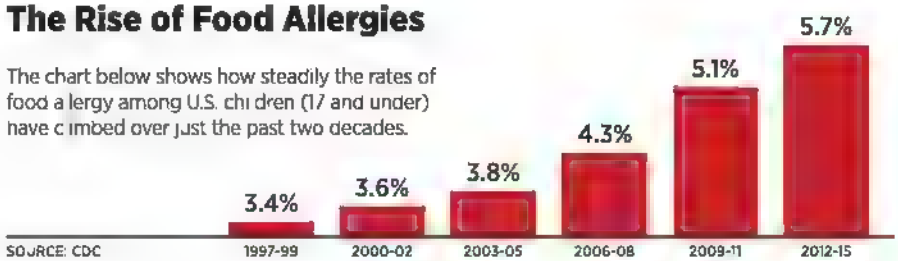
But what about all the kids who already have food allergies—like Desmond's son Miles—or those who develop them anyway?

New Treatments, New Hope

The only currently accepted "treatment" for food allergies in the U.S. is the Avoidance Maintenance Strategy (AMS), which

The Rise of Food Allergies

The chart below shows how steadily the rates of food allergy among U.S. children (17 and under) have climbed over just the past two decades.



SOURCE: CDC

STEPHANIE GRENIER

is really just medical speak for: don't eat the food you're allergic to; and if you do accidentally ingest it, you must immediately inject yourself with an EpiPen (or take Benadryl for less severe reactions) and seek medical attention. In a country stuffed with allergenic foods, this frightening scenario happens to between 15 and 75 percent of food-allergic kids annually (depending on the allergen) and racks up $25 billion in health care and other costs related to the disorder.

Researchers want to give patients more options. "Instead of just offering the Band-Aid of epinephrine, we'd rather offer a therapy that could actually mitigate and perhaps eradicate their food allergy," notes Nadeau. A treatment called oral immunotherapy (OIT) that's currently in clinical trials may be the best way to do this. Doctors use immunotherapy all the time to treat pollen and animal allergies—giving patients a minuscule dose of the thing they're allergic to, and increasing it little by little over time, until they're desensitized to it. Over the past 10 years, some allergists have started treating food allergy patients with OIT, even though it's not yet accepted as a mainstream therapy. The big difference: you can't die from pollen, but the wrong dose of a food allergen could trigger a life-threatening reaction.

It can, however, have impressive results. A breakthrough study in 2014 found that over the course of several months, 84 percent of kids were able to work up to eating about 20 peanuts without having a reaction. And there's evidence that when an already-approved asthma drug called omalizumab (which blocks IgE) is coupled with OIT, patients become desensitized to the food more quickly, often to a higher dose, and with fewer side effects. Some companies are also trying to standardize OIT by creating a "drug"—essentially putting precise amounts of peanut flour into capsules and giving them in slowly increasing doses as part of a specific OIT protocol. One called AR101 is now in FDA trials.

Not everyone is happy waiting for the government's stamp of approval, though. Anaphylactic food reactions harm or kill kids, unpredictably and too often, says Richard L. Wasserman, M.D., Ph.D., medical director of pediatric allergy and immunology at Medical City Children's Hospital in Dallas, and director of the Dallas Food Allergy Center. And studies show that food-allergic children face social isolation, bullying and are more likely to suffer from anxiety disorders. "So waiting for more studies," he says, "is not a trivial exercise."

As a result, he and a number of allergists have been using some well-researched oral immunotherapy protocols in their private practices (no hospital is doing OIT, except in research trials). Wasserman has treated more than 600 patients for a variety of food allergens, and about 80 percent have successfully reached what's called a "target dose"—say, 12 peanuts a day, or an 8-ounce glass of milk. In a research paper Wasserman published with four other allergy centers (all using different protocols), a similar percentage of kids were able to tolerate the foods they were previously allergic to. Though they often need to continue the oral immunotherapy for life—research shows that if patients stop regularly eating the allergen, the tolerance often goes away—the fear of accidental ingestion is almost eliminated.

"It requires a big commitment from families, and some decide it's more trouble than they want to deal with, or drop out because of repeated reactions," says Wasserman. "But the goal of the therapy is to normalize life." And in the majority of kids, it does. Aisha Kalim's 10-year-old son did OIT with Wasserman for five different foods—milk, wheat, egg, peanuts, tree nuts and shellfish—starting with one food at a time when he was 5. He can now eat them all. "It has changed our lives," says Kalim. "I used to be in constant fear when I wasn't with him. Now he can be with his friends, be independent. It brings tears to my eyes." Still, the food allergy community as a whole does not consider OIT a mainstream treatment, and with its potential for side effects, it's not to be taken lightly. Miles's doctor, for one, has never mentioned it as a possibility outside of a clinical trial.

Living with the Enemy

So for now, dodging foods with nuts—or eggs or milk—is all most kids can do. When Desmond first found out about Miles's food allergies, her instinct was to get rid of everything in the house he could possibly have a reaction to—a culinary retreat from the world. But eventually she and her husband changed their minds. "We just felt like he's going to be surrounded by these threats his whole life, and the sooner he recognizes them and learns to live with them, the safer he's going to be," she says. Cooking became a way to reclaim control. "Miles has five major allergies, and that feels like a lot. But there are a gazillion ingredients in the world," she says. "I try to think of it like, Oh, look at all these possibilities!"

As for the time Miles spends away from her, Desmond can only depend on the vigilance of the other adults in his life. "I don't expect the world to stop for my kid, but I hope that people are more aware and sympathetic to how real and scary it is," she says. And she dreams of a day when a treatment will provide the ultimate protection for her son. "An accident with food could kill Miles," she says. "If desensitization could cure him, or even just buy his system more time for medical intervention, I would sleep better for the rest of my life."

RACHAEL MOELLER GORMAN *is a health and science journalist whose articles for* EatingWell *have won four James Beard awards.*

Why Are Food Allergies on the Rise?

Misguided guidelines may have played a role, but they're only part of the reason experts say rates have kept climbing. Some other factors:

The "Hygiene Hypothesis"

This prominent theory posits that an infant's immune system needs to be exposed to an assortment of germs to train itself not to overreact to harmless things like food. That doesn't happen as often in today's sanitized world, where antibiotics wipe out infections in babies, hand sanitizers kill bugs on grimy hands and urban areas are devoid of microbe-laden soil, animals and farms. As a result, our immune systems have become uneducated and make mistakes distinguishing the good guys from the bad. Studies in humans are few, but associations have been drawn between infants living with pets and a reduced likelihood of allergy and asthma; the same is true of kids raised on farms.

Early Skin Contact

Many scientists believe infants can be "sensitized" to foods through the skin, priming them for allergies. What that means: when a child's first exposure to a food—like peanut residue from someone's hands—is through an opening in the skin (a cut or eczema rash), they become sensitive to the proteins in that food. When they later eat it, their immune system attacks those proteins full force, thinking they're an enemy. However, when are initially exposed to a food by *eating* it, the opposite happens and they become tolerant—their bodies recognize the proteins as harmless. Hence the new recommendations to feed infants a variety of foods at a young age. Indeed, some experts think eczema *causes* some food allergies rather than the other way around. Wasserman advises parents to moisturize their babies' skin from day one to keep eczema—and possibly food allergies—from developing.

Vitamin D Deficiency

In one study, the incidence of peanut or egg allergy was three times higher in vitamin D-deficient infants than in those with healthy levels of it. (And 70 percent of American kids get insufficient amounts of the vitamin, which is linked to healthy immune system development.) But this research is preliminary, so talk to your pediatrician before giving your child a supplement.

Genetics

A recent study examining patterns of small genetic mutations pinpointed five regions of DNA more highly mutated in kids with food allergies than those without them. These anomalies—which are tied in part to immune regulation—account for about 24 percent of food allergy cases.

ITALY'S PIEDMONT REGION

Foraging for the region's prized white truffles is a long-standing tradition in Piedmont. They're typically found growing among the roots of trees including oaks and hazels. Luca Alo has trained his dog Willie to sniff them out.

Tucked among the towering mountains and fertile river valleys in northwestern Italy, you'll find farmers, cooks and bakers who still take the time to craft outstanding food, using techniques passed down through generations.

In the sunny pantry of her restaurant in the hilltop village of Roddino, Gemma Boeri rolled a magnificent sheet of pasta. Using one wooden pin to stretch and smooth and another to hold the egg-rich dough in place, she worked it until it was 20 feet long and so thin that afternoon light glowed through when she lifted it. Compact in sensible shoes and her flour-dusted white apron, 69-year-old Boeri folded and draped the thing, pulling tables apart so that the pasta nearly belled to the floor.

There's a window between Boeri's pantry and the dining room so guests can look on as she works. Seeing me standing there, she invited me in. I felt how fortunate I was, for this was the cooking I had come to Italy's Piedmont to experience: pure, personal, slow.

With the Alps towering over fertile river valleys, this northwestern agricultural region is the birthplace of Slow Food International. Italian journalist Carlo Petrini founded the organization in 1989 to ensure that

Betsy Andrews
STORY & RECIPES

Ulf Svane
LOCATION PHOTOGRAPHY

Helen Norman
FOOD PHOTOGRAPHY

traditional cooking methods with indigenous, sustainable ingredients were passed along to future generations.

The project has spread to more than 160 countries. But it was the food and wine of Petrini's native Piedmont that started it all: the veal and pork sausage of his hometown of Bra; the Otto File ("eight-rowed") corn that town mills grind into nutty polenta; the region's prized white truffles. These are foods that take time and commitment to grow or forage, process and cook. They bear the signature of those who brought them to the plate.

Osteria da Gemma is one of the Piedmontese restaurants where time slows down. "I make this pasta twice every Wednesday, Thursday and Friday," Boeri told me matter-of-factly as she turned two fans on the dough to dry it. "Sometimes four times a day." Wielding her knife, Boeri curled the massive scroll into a cylinder and sliced it into slender ribbons, creating her version of the region's ubiquitous tagliarini. Boeri serves the noodles, called *tajarin* in Piedmontese dialect, draped in a long-cooked veal ragù.

After polishing off lunch at Gemma's, I visited Claudio Voarino and his 80-year-old father, Giorgio, at Cascina Lisindrea, their family farm and butcher shop near the town of Vicoforte. It wasn't

Piedmontese cattle provide both the beef for the ragù and the cheese that top bowls of tagliarini. It's served at restaurants like Osteria da Gemma, in Roddino, where the pasta is hand-rolled and hand-cut.

quite spring grazing time, and the cattle were keeping warm in their barns. Like the Voarinos' other animals—chickens, pigs and Carmagnola Gray rabbits—they were raised without antibiotics or hormones. "Everything is done right here," said Claudio, "including the slaughter and breeding. It's personal in its nature."

Later at Giolito Formaggio, third-generation cheesemonger Fiorenzo Giolito led me to his cellar, where he rapped on wheels of Grana Padano, Piedmont's revered answer to Parmesan. The older the cheese, the tinnier the sound—and, as I discovered when he cut me off pieces to try, the nuttier its flavor.

But one of my favorite bites was one of the last things I enjoyed on my trip—a hazelnut torte at La Corte di Canobbio. While the region's oil-rich nut is often baked into knobby cookies called *brutti e buoni* "ugly and good"—80-year-old baker Giuseppe Canobbio learned to make the torte at his mother's elbow. Moist and pure, it contains little more than the slow-roasted nuts.

Before I flew home, I stopped at an outdoor market in Govone, where a family of hazelnut farmers sold me a bag of their very best. With a recipe for Canobbio's torte in my back pocket, making it would be a wonderfully sweet reminder of my trip to Piedmont.

BETSY ANDREWS *is a food writer and a poet. Her award-winning books include* New Jersey *and* The Bottom.

The Slow Road to Piedmont

WHERE TO STAY

Furnishings at **Agriturismo La Morra Brandini** are made from sustainably harvested wood and the winery's grapes and the restaurant's produce are organic. Take a dip in the pool while admiring the view of snow-capped Monviso. *agriturismolamorra.com*

In a 17th-century monastery, the luxe yet warm **Relais San Maurizio** offers itineraries to immerse yourself in Piedmont's wine, food and culture *relaissanmaurizio.it*

WHAT TO DO

Agriturismo Dindina's **Delfina Giubergia** teaches you to make ragu and other local delicacies. Her husband, Sergio, shows off the 17th-century cellars and pours his organic wines. *facebook.com/AgriturismoDindina*

Join **Luca Aloi** and his dogs to ferret out truffles and enjoy an outdoor, fungi-based lunch *andarpertartufi.com*. Or indulge in Alba's **White Truffle Festival** in the fall. *fieradeltartufo.org*

WHERE TO EAT

Watch Gemma Boen hand-roll 20 feet of pasta at **Osteria da Gemma** in Roddino, a favorite for classics like vitello tonnato and tagliolini ragù *osteriadagemma.it*

Carrù's **Ristorante Moderno** has been the place for the iconic Italian beef stew, bollito misto, since 1959. *ristorantemoderno.net*

Osteria del Boccondivino in Bra shares Slow Food's courtyard and serves traditional foods from the region *boccondivinoslow.it*

Town mills throughout Piedmont stone-grind local grains, including the organic wheat used by bakers at Il Forno del Buon Pane di Roberto Marçarino in Roddino. Some cooks prefer to use stone-ground flour, too, for pasta dishes like this spinach cannelloni.

Spinach Cannellini with Cabbage & Smoked Mozzarella

WINES

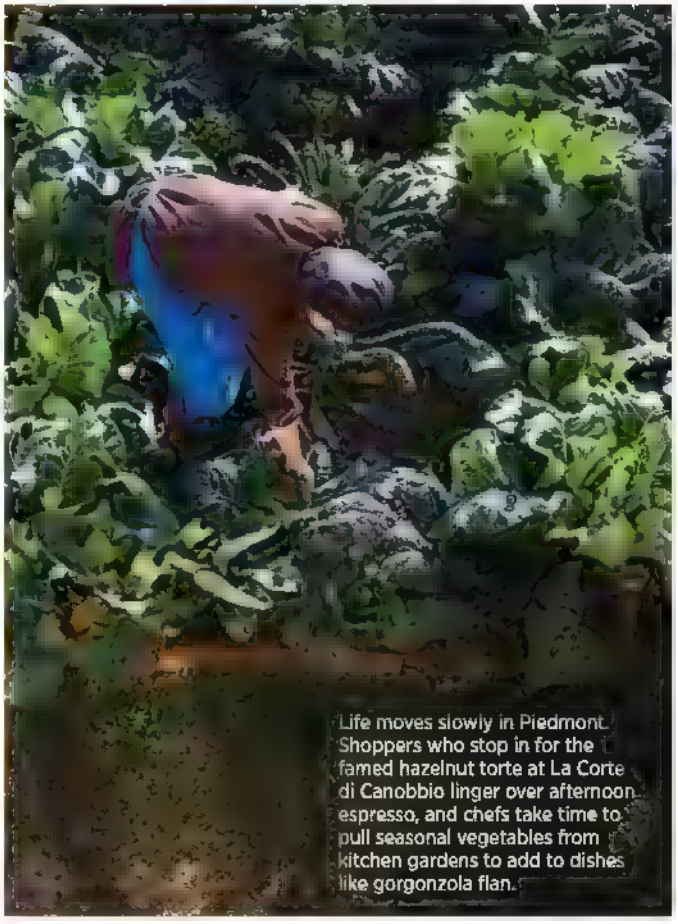
La Vigne di Alice Oné Rosé Brut NV ($19) Marzemino grapes give this sparkling rosé its lovely blush and roses-and-raspberries scent, but the heady aroma resolves to a dry minerality, which goes well with the beet risotto *(page 76)*.

2015 Pecchenino San Luigi Dolcetto di Dogliani ($16) Meant to drink young, with juicy black cherry flavor, soft tannins and snappy acidity, this red does the rare trick of pairing with both the cheese and asparagus in the gorgonzola flan *(page 76)*.

2016 Vietti Roero Arneis ($21) A big, almondy, floral nose fades to pleasingly saline and citrus flavors in this crisp yet graceful white that cuts through the cream and cheese in the cabbage-stuffed cannelloni *(page 74)*.

2013 Brandini Barolo La Morra ($44) More delicate than you'd expect but well-structured nonetheless, this organic red aged in large barriques offers red currant and spice-cake notes that bring dimension to the ragù *(page 74)*.

Beet Risotto
PAGE 76



Life moves slowly in Piedmont. Shoppers who stop in for the famed hazelnut torte at La Corte di Canobbio linger over afternoon espresso, and chefs take time to pull seasonal vegetables from kitchen gardens to add to dishes like gorgonzola flan.

Spinach Cannelloni with Cabbage & Smoked Mozzarella

ACTIVE: 1¾ hrs **TOTAL:** 2 hrs
EQUIPMENT: Pasta machine

Ristorante il San Pietro in Limone makes these with scamorza affumicata, an aged smoked mozzarella, but smoked fresh mozzarella works too. You can substitute dry cannelloni or manicotti—cook 12 of them according to package directions, then stuff and sauce them. (Photo: page 71.)

PASTA

- 3 ounces spinach
- 1 tablespoon water
- 2 large eggs
- 1¼ cups all-purpose flour, plus more for dusting
- ⅛ teaspoon salt

FILLING

- 1½ tablespoons extra-virgin olive oil
- 3 cups thinly sliced Savoy cabbage
- ¼ cup dry white wine
- 1 clove garlic
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 8 ounces scamorza affumicata *or* smoked mozzarella, cubed

SAUCE

- 1 15-ounce can whole peeled tomatoes
- 1 cup heavy cream
- 2 tablespoons tomato paste
- ¼ teaspoon salt

1. To prepare pasta: Combine spinach and water in a medium microwave-safe bowl. Cover with plastic wrap and poke a few holes in the top. Microwave on High until tender, 1 to 2 minutes. Let cool. Squeeze dry and roughly chop.
2. Combine the spinach and eggs in a blender. Pulse until smooth.
3. Mound flour in the center of a clean work surface and add ⅛ teaspoon salt. Make a well in the middle of the mound and pour the spinach mixture into it. Using a fork, gradually mix the spinach mixture with the flour. When most of the flour is incorporated, flour your hands and knead and fold in the rest. When all the flour is mixed in, continue kneading the dough until it's shiny and elastic, 10 to 15 minutes.
4. Form the dough into a ball, wrap in plastic and let rest at room temperature for 30 minutes.
5. Meanwhile, prepare filling: Heat oil in a large skillet over medium heat. Add cabbage, wine, garlic, pepper and salt. Cook, stirring occasionally, until the cabbage is tender and slightly browned, 7 to 9 minutes. Transfer to a bowl and let cool slightly. Remove the garlic and stir in cheese. Set aside.
6. To prepare sauce: Wash and dry the blender. Combine tomatoes and their juice, cream, tomato paste and salt in the blender and puree until smooth. Pour 1½ cups of the sauce into a 9-by-13-inch baking dish.
7. To prepare cannelloni: Preheat oven to 400°F.
8. Place the dough on a lightly floured surface, flatten it with your hands and cut in half. Rewrap one half and, working with the other half, shape it into a rough rectangle. With the sheet roller of a pasta machine on the widest setting, feed the dough in, short-end first. Fold the dough in thirds like a letter, lightly flour it and roll again.
9. Decrease the roller width by one setting and roll the dough again. Continue decreasing the roller width and passing the dough through on each setting. Flour the dough if it begins to stick. If the sheet gets too long to work with, cut it in half and work with one half at a time, rolling to the third-thinnest setting. Repeat with the remaining dough half. Cut each pasta sheet into rectangles about 4 inches by 6 inches (12 total). Lightly flour them.
10. Bring a large pot of water to a boil over high heat. Working with 4 to 6 rectangles at a time, cook the pasta for 10 seconds and remove to a clean work surface. Place a rectangle perpendicular to you, spoon about 2 tablespoons of the reserved filling on the bottom third and roll up to form a tube. Place in the baking dish. Repeat with the remaining pasta and filling.
11. Bake the cannelloni until heated through and the cheese is melted, 13 to 15 minutes.
12. Meanwhile, warm the remaining sauce in a small saucepan over medium heat. Serve the cannelloni topped with the sauce.

SERVES 6: 2 cannelloni & ½ cup sauce each
CAL 443 / **FAT** 28G (SAT 15G) / **CHOL** 134MG / **CARBS** 30G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 3G / **SODIUM** 749MG / **POTASSIUM** 321MG.

Beef & Pork Ragù with Fresh Whole-Wheat Taglierini

ACTIVE: 2 hrs **TOTAL:** 3¾ hrs
TO MAKE AHEAD: Refrigerate ragù (Steps 1-2) for up to 3 days or freeze for up to 3 months.
EQUIPMENT: Pasta machine

Piedmontese cooks make ragù using tomatoes canned from their gardens. This version is adapted from Delfina Giubergia, of Dindina Agriturismo, an inn, cooking school and winery. The pasta is from home cook Marisa Cuniberto, who prefers stone-ground whole-wheat flour to the "00" type other cooks use. (Photo: page 69.)

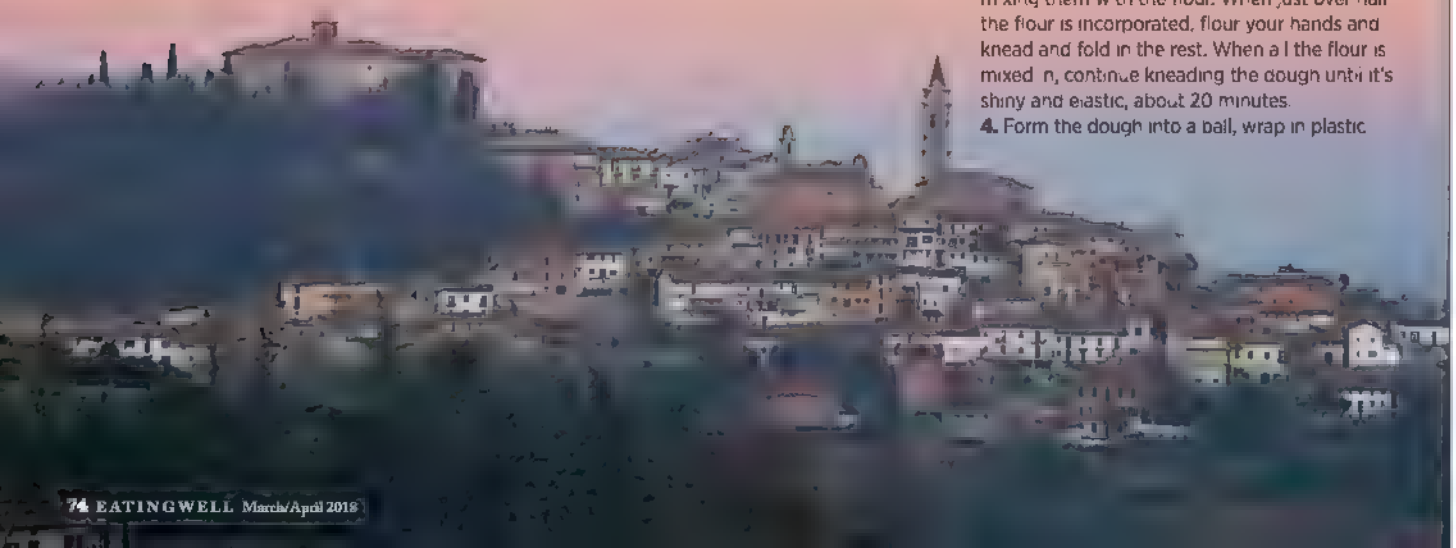
RAGÙ

- 2 tablespoons extra-virgin olive oil
- 3 medium carrots, diced
- 2 medium onions, diced
- 1½ pounds ground beef
- 1½ pounds ground pork
- 4 teaspoons chopped fresh rosemary
- 1½ teaspoons salt
- 1½ teaspoons ground pepper
- 1 cup dry red wine
- 2 28-ounce cans whole peeled tomatoes
- 1 tablespoon tomato paste

PASTA

- 2½ cups whole-wheat flour, plus more for dusting
- ⅛ teaspoon salt
- 4 large eggs
- Grated Grana Padano cheese for garnish

1. To prepare ragù: Heat oil in a large pot over medium-high heat. Add carrots and onions and cook, stirring frequently, until the onions begin to brown, 8 to 10 minutes.
2. Add beef, pork and rosemary. Cook, breaking up the meat with a wooden spoon, until it is browned, about 10 minutes. Season with 1½ teaspoons salt and pepper. Add wine and cook until it's mostly evaporated, about 5 minutes. Add tomatoes and tomato paste. Bring to a simmer. Reduce heat to low, partially cover and cook for 3 hours. Stir occasionally to break up the tomatoes and ensure that the ragù doesn't stick to the bottom of the pot. *(Makes about 10 cups.)*
3. Meanwhile, prepare pasta: Mound flour in the center of a clean work surface and add salt. Make a well in the middle of the mound and crack eggs into it. Beat the eggs with a fork, gradually mixing them with the flour. When just over half the flour is incorporated, flour your hands and knead and fold in the rest. When all the flour is mixed in, continue kneading the dough until it's shiny and elastic, about 20 minutes.
4. Form the dough into a ball, wrap in plastic



INTRODUCING A NEW RANGE

CRAFTED WITH LESS SUGAR*
(NOT LESS TASTE)

CRAFTED FOR TASTE

CLEARLY TALENTI gelato

*vs regular ice cream

and let rest at room temperature for 30 minutes.
5. Place the dough on a lightly floured surface, flatten slightly and cut into quarters. Rewrap three of the quarters separately and, working with one quarter at a time, shape it into a rough rectangle. With the sheet roller of a pasta machine on the widest setting, feed the dough in, short-end first. Fold the dough in thirds like a letter, lightly flour it and roll two more times.
6. Decrease the roller width by one setting and roll the dough again. Continue decreasing the roller width and passing the dough through on each setting. Flour the dough if it begins to stick. If the sheet gets too long to work with, cut it in half and work with one half at a time, rolling to the third-thickest setting.
7. Cut the pasta sheet in half crosswise and guide it through the thinner pasta cutter, catching the cut noodles below. Lightly flour the noodles, spin them into a bundle and rest them on a floured baking sheet. Repeat with the remaining dough quarters.
8. Right before serving, bring a large pot of water to a boil. Cook half the pasta for 2 minutes. Use tongs or a small strainer to transfer it to a large bowl. Repeat with the remaining pasta.
9. Add 5 cups ragù to the pasta and toss gently to coat. Serve with Grana Padano, if desired.

SERVES 10: 1 cup each (plus leftover ragù)

CAL 281 / **FAT** 9G (SAT 3G) / **CHOL** 116MG / **CARBS** 28G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 21G / **FIBER** 4G / **SODIUM** 467MG / **POTASSIUM** 384MG

Grissini (Piedmont-Style Breadsticks)

ACTIVE: 25 min **TOTAL:** 3 hrs
(including 2 hrs rising time)

Organic baker Roberto Marcarino makes the region's omnipresent breadsticks at Il Forno del Buon Pane in Roddino with a starter that he has kept alive for many years. You can substitute 1 tsp. of fresh starter for the active dry yeast, adding it with the olive oil and malt syrup, if you like. (Photo: page 69.)

- **1 cup whole-wheat flour**
- **1 cup all-purpose flour**
- **1 packet active dry yeast**
- **1¼ teaspoons salt, divided**
- **¼ teaspoon brewer's yeast (*see page 104*) *or* nutritional yeast**
- **4 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon barley malt syrup (*see page 104*)**
- **½ cup warm water (110–115°F)**

1. Whisk whole-wheat and all-purpose flours, active dry yeast, 1 teaspoon salt and brewer's (or nutritional) yeast in a medium bowl. Whisk in 2 tablespoons oil and malt syrup. Add water and knead to incorporate. Turn the dough out onto a clean work surface. Knead until it's pliant and shiny, 15 to 20 minutes.
2. Place the dough in a clean bowl, cover with a clean, damp kitchen towel and let rise until almost doubled in size, about 2 hours.
3. Preheat oven to 375°F.
4. Turn the dough out onto a lightly floured surface and divide into 14 pieces. With your hands, roll each into a slender rope 10 to 12 inches long. Place the grissini on a baking sheet, about ½ inch apart. Brush both sides of the grissini with the remaining 2 tablespoons oil and sprinkle with the remaining ¼ teaspoon salt.
5. Bake the grissini until golden brown on the bottom, 12 to 15 minutes. Turn them over and rotate the pan front to back. Continue baking until golden brown, 12 to 15 minutes more.

SERVES 14: 1 grissini, each

CAL 100 / **FAT** 4G (SAT 1G) / **CHOL** 0MG / **CARBS** 14G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 1G / **SODIUM** 209MG / **POTASSIUM** 47MG.

Beet Risotto

ACTIVE: 40 min **TOTAL:** 40 min

The recipe is adapted from a dish served at Ristorante Marcelin in Montà. Look for bottled beet juice with other juices at well-stocked supermarkets. (Photo: page 72.)

- **4 cups water**
- **4 tablespoons (½ stick) unsalted butter**
- **2 cups carnaroli rice (*see page 104*) *or* arborio rice**
- **½ teaspoon salt, divided**
- **1 cup dry white wine**
- **1 cup beet juice**
- **¾ cup grated Grana Padano cheese, plus more for garnish**
- **½ teaspoon sherry vinegar**

1. Bring water to a simmer in a medium saucepan.
2. Melt butter in a large skillet over medium heat. Add rice and ¼ teaspoon salt. Cook, stirring occasionally, until the edges of the rice are transparent, 3 to 4 minutes. Add wine, reduce heat to medium-low and cook, stirring, until it has evaporated, 2 to 3 minutes.
3. Add a ladleful of the simmering water to the rice and cook, stirring frequently, until most of the water is absorbed, about 3 minutes. Continue to cook, adding water by the ladleful and stirring frequently after each addition, until most of the water is absorbed, 12 to 18 minutes.
4. Add beet juice to the rice. Adjust the heat to maintain a simmer and cook, stirring frequently, until most of the liquid is absorbed and the rice is creamy and just tender, 6 to 8 minutes. Remove from heat and add Grana Padano, vinegar and the remaining ¼ teaspoon salt. Serve with more cheese, if desired.

SERVES 6: 1 cup each

CAL 356 / **FAT** 10G (SAT 6G) / **CHOL** 29MG / **CARBS** 54G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 1G / **SODIUM** 461MG / **POTASSIUM** 145MG.

Gorgonzola & Asparagus Flan

ACTIVE: 25 min **TOTAL:** 50 min
EQUIPMENT: 6 x 4- to 6-oz. ramekins

In northern provinces of Piedmont and Lombardy, dairy farmers make sweet-salty gorgonzola dolce by inoculating cow's-milk cheese with pungent blue mold and aging it for just two to three months. Here it's turned into a full-flavored flan dotted with the season's first stalks of asparagus. (Photo: page 73.)

- **Butter for the ramekins**
- **12 asparagus spears, trimmed and halved**
- **1¼ cups crumbled gorgonzola dolce (*see page 104*)**
- **½ cup crème fraîche**
- **3 large eggs, beaten**
- **Lemon zest & fresh parsley for garnish**

1. Preheat oven to 325°F. Put a kettle of water on to boil. Coat six 4- to 6-ounce ramekins with butter.
2. Place a bowl of ice water near the stove. Place asparagus in a medium saucepan with water to cover. Cook over high heat until bright green and just tender, 1 to 3 minutes. Drain and plunge into the ice bath. Drain and pat dry.
3. Whisk gorgonzola and crème fraîche in the saucepan over medium heat until melted and smooth, 3 to 4 minutes. Remove from heat, add eggs and whisk to combine. Divide the mixture among the ramekins. Top with asparagus.
4. Place a folded kitchen towel in a 9-by-13-inch baking pan. Place the ramekins on the towel. Add enough boiling water to the pan to come halfway up the sides of the ramekins.
5. Bake the flans until a knife inserted into the center comes out clean and an instant-read thermometer registers 165°F, 14 to 16 minutes. Transfer to a wire rack; let cool for 10 minutes. Garnish with lemon zest and parsley, if desired.

SERVES 6: ¼ cup each

CAL 177 / **FAT** 15G (SAT 9G) / **CHOL** 127MG / **CARBS** 2G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 1G / **SODIUM** 361MG / **POTASSIUM** 68MG

Hazelnut Torte

ACTIVE: 35 min **TOTAL:** 3 hrs
(including 1¼ hrs cooling time)
EQUIPMENT: 9-inch springform pan, parchment paper

Possibly the most elemental use of hazelnuts is this torte, the specialty of Giuseppe Canobbio, who has been making it for more than five decades at his pastry shop, La Corte di Canobbio. (Photo: page 73.)

- **2 cups hazelnuts**
- **7 large eggs, separated**
- **¾ cup sugar**
- **4 tablespoons (½ stick) unsalted butter, melted**

1. Preheat oven to 275°F. Coat an 9-inch springform pan with cooking spray. Line the bottom with parchment paper.
2. Spread hazelnuts on a rimmed baking sheet. Bake until toasted, about 15 minutes. Let cool slightly. Pulse in a food processor until coarsely ground.
3. Increase oven temperature to 325°.
4. Beat egg yolks and sugar in a large bowl until smooth. Add the ground hazelnuts and butter and beat until fully incorporated. Beat egg whites in another large bowl until stiff peaks form. Fold the eggs whites into the batter and mix until no white streaks remain. Scrape the batter into the prepared pan.
5. Bake the torte until a knife inserted in the center comes out clean, about 50 minutes. Let cool on a wire rack for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and let cool completely, about 1 hour more.

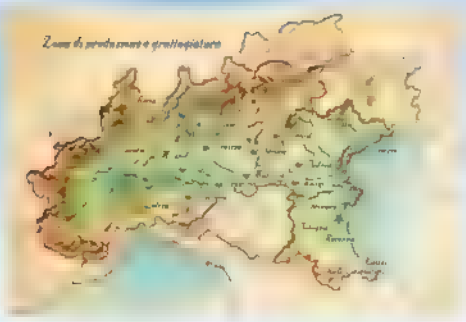
SERVES 12: 1 slice each

CAL 265 / **FAT** 20G (SAT 4G) / **CHOL** 119MG / **CARBS** 17G / **TOTAL SUGARS** 14G (ADDED 13G) / **PROTEIN** 7G / **FIBER** 2G / **SODIUM** 42MG / **POTASSIUM** 195MG.

ADVERT SEMENT

GRANA PADANO, A TREASURE FROM ITALY

PIEMONTE IS ONE OF THE FIVE REGIONS OF THE PO VALLEY WHERE GRANA PADANO IS PRODUCED.



GRANA PADANO IS ONE OF THE WORLD'S FIRST HARD CHEESES, created nearly 900 years ago by the Cistercian monks of Chiaravalle Abbey, founded in 1135 near Milan. The cheese was made to preserve the surplus milk produced each day. At the time, the monks called it *caseus vetus*, which is Latin for "old cheese." Later, the cheese was given a new name derived from its granular appearance. Locals began to call it *formaggio di grana*, meaning grainy cheese

Naturally lactose-free, **Grana Padano PDO** is the world's best-selling PDO cheese and one of the most loved products in Italy. Available in three agings, **Grana Padano PDO** is perfect for all of your cooking needs.

Visit **GranaPadano.it** to learn more.

POACHED EGG, GRANA PADANO, PROSCIUTTO, AND ARUGULA WITH TRUFFLE DRESSING | SERVES 2

- 2 tablespoons sherry vinegar
- 2 tablespoons truffle oil
- 7 teaspoons white wine vinegar
- 2 free range eggs
- 6 slices of Italian Prosciutto
- ⅔ cup **Grana Padano**, shaved
- Handful of arugula
- Salt and Pepper

1. Whisk the sherry vinegar and the truffle oil in a small bowl to make a dressing. Set aside.
2. Bring a pan of water to a gentle boil. Add the white wine vinegar, then gently crack in the eggs and poach them until soft (3 to 4 minutes). Lift out with a slotted spoon and drain on kitchen paper.
3. Put the arugula in a bowl, toss with some of the dressing and season.
4. On each plate, build up a nest of the arugula, Prosciutto di San Daniele and Grana Padano shavings.
5. Place the egg on top, and finish with a sprinkle of black pepper and sea salt.

FLAVOR-PACKED SALADS

Love salad as much as we do? Wait till you try these! Burmese cooks—who take surprising ingredients and boldly balance flavors, tastes and textures—may just be the ultimate salad masters.

Kate Leahy STORY & RECIPES

John Lee LOCATION PHOTOGRAPHY

Leigh Beisch FOOD PHOTOGRAPHY

Noodle Salad with Tofu

PAGE 82

Tiny restaurants and food stalls throughout Myanmar, like this one halfway between Lashio and Namhsan, turn fresh ingredients into inventive dishes.

We were in a scrum of diners, pointing at small plates stacked at the counter while servers wrote down orders. Jet-lagged, I gestured at a dish of sliced samosas and cabbage and let my companions choose the rest.

A platter of vegetables—a standard restaurant freebie—arrived ahead of shrimp curry, rice, stir-fried water spinach and bowls topped with shallots, garlic and dried shrimp. Soon the table was covered, with no two dishes alike.

Many of these plates were what people in Myanmar call *thoke*, salad. But it means "salad" only in the loosest sense. A better translation is that these are dishes mixed by hand and served at room temperature—like many American salads. But that's where the similarities end.

Burmese salads range from simple combinations of pickled ginger and cabbage to complex matrixes of noodles and 20 other ingredients. And while Burmese cooks are experts at balancing intense flavors, what makes each salad memorable is texture.

One of the crunchiest salads on the table combined crispy garlic, fried split peas and peanuts, cabbage and umami-rich *laphet*, fermented tea leaves. This dish—*laphet thoke*, tea-leaf salad—is what drives the hour-long wait at the San Francisco Bay Area Burma Superstar restaurants. I was in Yangon, Myanmar's largest city, with their owner, Desmond Tan, to research the *Burma Superstar* cookbook.

All the salads on the table were revelations. If my order—fried samosas tossed in mint, tamarind water and cabbage—was a "salad," I was going to enjoy this crash course in Burmese cuisine. And the restaurant—Feel Myanmar Food, a place near several embassies—was a perfect introduction.

That Myanmar has embassies is remarkable, given that the country formerly called Burma cut itself off from the world following a military coup in 1962. In 2010, the military's grip began to loosen, prompting countries to ease sanctions. But ethnic fighting continues, as does the humanitarian crisis over the Rohingya, a Muslim minority group not recognized by the government.

Yet visiting the country is like seeing a young democracy find its way. After decades of isolation from the modern world, the country moved quickly from typewriters to smart phones. Cars, once scarce, clog Yangon's streets. But food has changed relatively little. Fast food is rare, modern grocery stores even more so, and even high-end restaurants are low-tech, cooking with charcoal stoves and a few woks.

Salads, made seemingly everywhere, are a way to create variety from very little. On the steamy climb to visit the temple on Mt. Popa, we not only passed monkeys but also women mixing noodle salads dressed with tamarind water. Later we cooled off with a green tomato salad with peanuts and cilantro. And at a tiny market we were offered dried mutton tossed with shallots, garlic, lime juice and chiles.

"What is it?" we asked. "Thoke," the owner told us. We ordered a second plate.

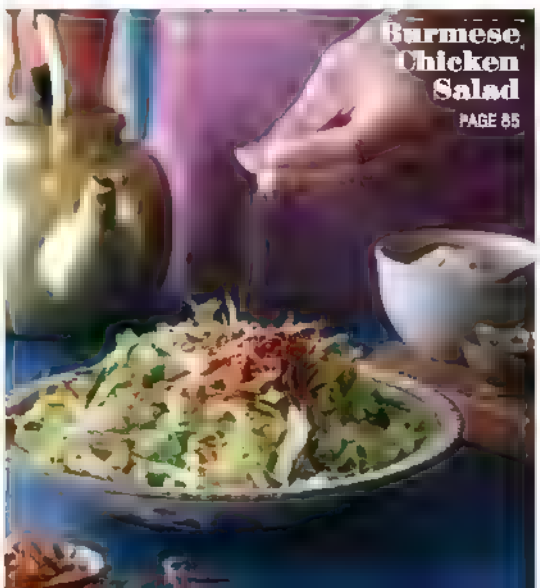
I've learned how to satisfy thoke cravings at home. These salads share a similar rhythm of salty and sour flavors combined with a bass note of umami. Tamarind water or lime juice adds sour; fish sauce, shrimp paste or ground shrimp adds salt and funk. Shredded cabbage makes up the chorus. As for the rest, anything goes, and I often veer from tradition, opting for romaine lettuce in place of cabbage or grapefruit instead of the local citrus. The spirit of Burmese salads—use what you have—travels well.

There will always be something special about eating thoke. But now I don't have to cross the Pacific to get my fix.

KATE LEAHY *is a San Francisco-based cookbook author. Her next book,* Lavash, *due out in 2019, takes her to the world of Armenian flatbreads.*

STYLING: DAN BECKER (FOOD); GLENN JENKINS (PROPS)

Ko Thien Hwe picks Zayan black tea leaves, the kind that are fermented and used in laphet salad, on a hillside tea farm in Namhsan, Myanmar.



The Best of Burma

BEFORE YOU GO

Cheers if you're an intrepid traveler. But, given the political situation in Myanmar, it's smart to check with your state department for travel advisories before you finalize your plans.

WHERE TO GO

Travel between November and February for the best weather. Connecting flights to Yangon leave from Doha, Taipei, Bangkok and Seoul. Book flights within Myanmar through a local travel agent or at the Yangon airport.

WHERE TO STAY

YANGON: Relive the city's colonial past at **The Strand** *(hotelthestrand.com)* or watch modern-day deal making in the lobby of the **Sule Shangri-La** *(shangri-la.com/yangon/suleshangrila)*.

MANDALAY: Stay at the **Mandalay Hill Resort Hotel** *(mandalayhillresorthotel.com)* for easy access to walk up the hill overlooking the city.

BAGAN: Relax along the Ayeyarwady River after temple hopping at the **Thiripyitsaya Sanctuary Resort** *(thiripyitsaya-resort.com)*.

WHERE & WHAT TO EAT

YANGON: For a crash course in Burmese food, hit **Feel Myanmar Food** *(feelrestaurants.com/Restaurant8.html)* or try **House of Memories** *(houseofmemoriesmyanmar.com)* for a look at Myanmar's past, including a room said to have been the office of revolutionary leader Aung San.

MANDALAY: Visit **Mingalabar Myanmar** for regional specialties.

DON'T MISS: Start the day with a bowl of *mohinga*—the country's beloved catfish noodle soup. And, look for spots serving Shan noodles, banana leaf salad and spicy Rakhine fish dishes.

Noodle Salad with Tofu

ACTIVE: 45 min **TOTAL:** 45 min

In Myanmar, it's not unusual to see a salad with three or even four kinds of noodles all mixed together. We've kept it simple with just rice noodles, but if you want to go wild, use wheat noodles, glass noodles or even your favorite spiralized veggie noodles. (Photo, page 79.)

SALAD

- **14 ounces extra-firm water-packed tofu**
- **2 medium red potatoes, cubed (1-inch)**
- **8 ounces flat rice noodles, such as pad thai**
- **3 tablespoons fried shallot oil *(see page 84)* or canola oil, divided**
- **4 scallions, thinly sliced**
- **2½ cups shredded napa cabbage**
- **1 cup loosely packed fresh cilantro**
- **½ teaspoon crushed red pepper**
- **⅓ cup fried shallots *(see page 84)***
- **2 tablespoons toasted chickpea flour *(see page 84)***

TAMARIND GINGER DRESSING

- **1½ ounces tamarind paste *(see page 84)***
- **¾ cup hot water**
- **2 tablespoons fried shallot oil *(see page 84)* or canola oil, divided**
- **2 cloves garlic, minced**
- **2 teaspoons grated fresh ginger**
- **1½ teaspoons lime juice, plus more to taste**
- **1½ teaspoons salt**
- **1 teaspoon sugar**
- **¼ teaspoon ground turmeric**

1. To prepare salad: Halve tofu crosswise. Fold a clean kitchen towel in half and place it on a cutting board. Set the tofu on the towel. Put another folded towel and a weight (such as a heavy skillet) on the tofu; let drain for 15 minutes.

2. Meanwhile, place potatoes in a large saucepan and fill with water. Cover and bring to a boil over high heat. Reduce heat to a simmer and cook until the potatoes are tender when pierced with a fork, 5 to 8 minutes. Transfer the potatoes to a colander. Return the water to a boil and cook noodles according to package directions, stirring often, until just tender. Drain well and rinse under cold water. Transfer to a bowl and drizzle with 2 tablespoons oil, toss to coat.

3. Cut the pressed tofu into ¾-inch cubes. Heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium-high heat until shimmering. Add the tofu in a single layer. Cook, without stirring, until starting to brown on the bottom, 2 to 3 minutes. Stir and continue cooking, stirring frequently, until brown on all sides, 6 to 8 minutes more. Transfer to the bowl with the noodles.

4. Soak scallions in cold water in a small bowl for 5 minutes. Drain and add to the noodles along with the potatoes, cabbage, cilantro and crushed red pepper; mix well with your hands.

5. To prepare dressing: Soak tamarind in hot water for 5 minutes, using a spoon to break up the pulp. Pour through a fine-mesh strainer into a bowl, pushing on the solids and scraping the bottom of the strainer to extract as much tamarind as possible. Whisk oil, garlic, ginger, lime juice, salt, sugar and turmeric into the tamarind water. Pour the dressing over the salad and toss to coat. Top with shallots and sprinkle with chickpea flour.

SERVES 6: 1½ cups each

CAL 395 / **FAT** 16G (SAT 2G) / **CHOL** 0MG / **CARBS** 55G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 12G / **FIBER** 5G / **SODIUM** 650MG / **POTASSIUM** 634MG.

Ginger Salad

ACTIVE: 20 min **TOTAL:** 20 min

Ginger salad is nearly as popular as tea-leaf salad in Myanmar and is just as crunchy. This version has the untraditional addition of romaine lettuce, which gives it a lighter bite.

- **2 tablespoons fried shallot oil *(see page 84)* or canola oil**
- **¼ cup thinly sliced pickled ginger plus 1 tablespoon pickling liquid**
- **2 tablespoons lime juice**
- **1 tablespoon fish sauce *(see page 104)***
- **6 cups sliced romaine or Little Gem lettuce**
- **2 cups shredded green cabbage**
- **¼ jalapeño, seeded and minced**
- **3 tablespoons fried garlic *(see page 84)***
- **2 tablespoons chopped roasted peanuts**
- **2 tablespoons toasted sunflower seeds**
- **1 tablespoon toasted sesame seeds**
- **½ cup fresh cilantro**
- **1½ tablespoons toasted chickpea flour *(see page 84)***
- **¼ teaspoon crushed red pepper**

A farmer tends his cattle herded among some of the over 2,000 temples and pagodas that draw both locals and tourists to the ancient city of Bagan, Myanmar.

Whisk oil, pickling liquid, lime juice and fish sauce in a large bowl. Add pickled ginger, lettuce, cabbage, jalapeño, garlic, peanuts, sunflower seeds and sesame seeds; mix to combine. Transfer to a serving platter or bowl and sprinkle with cilantro, chickpea flour and crushed red pepper.

SERVES 6: 1½ cups each

CAL 127 / **FAT** 8G (SAT 1G) / **CHOL** 0MG / **CARBS** 10G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 276MG / **POTASSIUM** 255MG.

Green Bean & Shallot Salad

ACTIVE: 30 min **TOTAL:** 50 min

This green bean salad has a deeply savory flavor from shallots and fish sauce. Part of the reason is time: after it's made, the dish is left at room temp for 20 minutes to allow the green beans to absorb more flavor. (Photo: page 80.)

- **1 pound green beans, trimmed and cut into 2-inch pieces**
- **2 tablespoons fried shallot oil *(see page 84)* or canola oil**
- **2 tablespoons lime juice, or more to taste**
- **1 tablespoon fish sauce *(see page 104)*, or more to taste**
- **2 large tomatoes, diced**
- **⅓ cup fried shallots *(see page 84)***
- **⅓ cup halved and sliced shallots**
- **1 cup loosely packed fresh cilantro**
- **1 tablespoon toasted sesame seeds**
- **2 tablespoons dried shrimp powder (optional; *see page 84*)**

1. Bring a large pot of water to a boil. Place a clean kitchen towel on a rimmed baking sheet. Cook green beans until tender, about 4 minutes. Drain, rinse with cold water and spread out on the prepared baking sheet. Let cool to room temperature.

2. Whisk oil, lime juice and fish sauce in a large bowl. Stir in the green beans, tomatoes and fried and fresh shallots. Mix well and add a pinch of salt, if needed. Let stand for 20 minutes at room temperature. Add more lime juice or fish sauce, if desired. Serve topped with cilantro, sesame seeds and shrimp powder (if using).

SERVES 6: 1⅓ cups each

CAL 101 / **FAT** 6G (SAT 0G) / **CHOL** 0MG / **CARBS** 12G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 208MG / **POTASSIUM** 388MG

Citrus & Napa Cabbage Salad

ACTIVE: 20 min **TOTAL:** 20 min

Spooned into small bowls to eat alongside the rest of the meal, citrus salads act as bright accents to rich curries. In Myanmar, this salad is made with a variety of local lemon that is larger and tastes milder than our standard Eurekas. Grapefruit works well in its place, as does a mix of grapefruit and Meyer lemons. (Photo: page 81.)

- **2 large grapefruit, preferably Ruby Red**
- **2 tablespoons fried shallot oil *(see page 84)* or canola oil**
- **1 tablespoon lime juice**
- **2 teaspoons fish sauce *(see page 104)***
- **3 cups shredded napa cabbage**
- **½ cup coarsely chopped fresh cilantro**

Burmese Salad Staples

Keep these on hand to make Burmese-style salads any night

1. Toasted Chickpea Flour

Toast ¼ cup chickpea flour *(see page 104)* in a dry medium skillet over medium heat, stirring frequently, until golden, about 3 minutes. Transfer to a small bowl and let cool. Store airtight in a cool dark place for up to 2 months.

2. Dried Shrimp Powder

Put 2 Tbsp. dried shrimp *(see page 104)* in a coffee grinder reserved for grinding spices. Pulse until ground to a fluffy powder. Store airtight at room temperature for up to 3 days or freeze for up to 6 months.

3. Fried Yellow Split Peas

Soak ⅓ cup yellow split peas in water for at least 4 hours or up to 12 hours. Drain and pat dry. Place a fine-mesh strainer over a heatproof bowl. Heat ¾ cup canola oil in a small skillet over medium heat. Add the split peas and cook, stirring often, until they start to turn a deep mustard color, 4 to 6 minutes. Pour the split peas and oil through the strainer (discard the oil). Transfer the split peas to a paper-towel-lined plate. Store airtight at room temperature for up to 2 weeks.

4. Fried Shallots

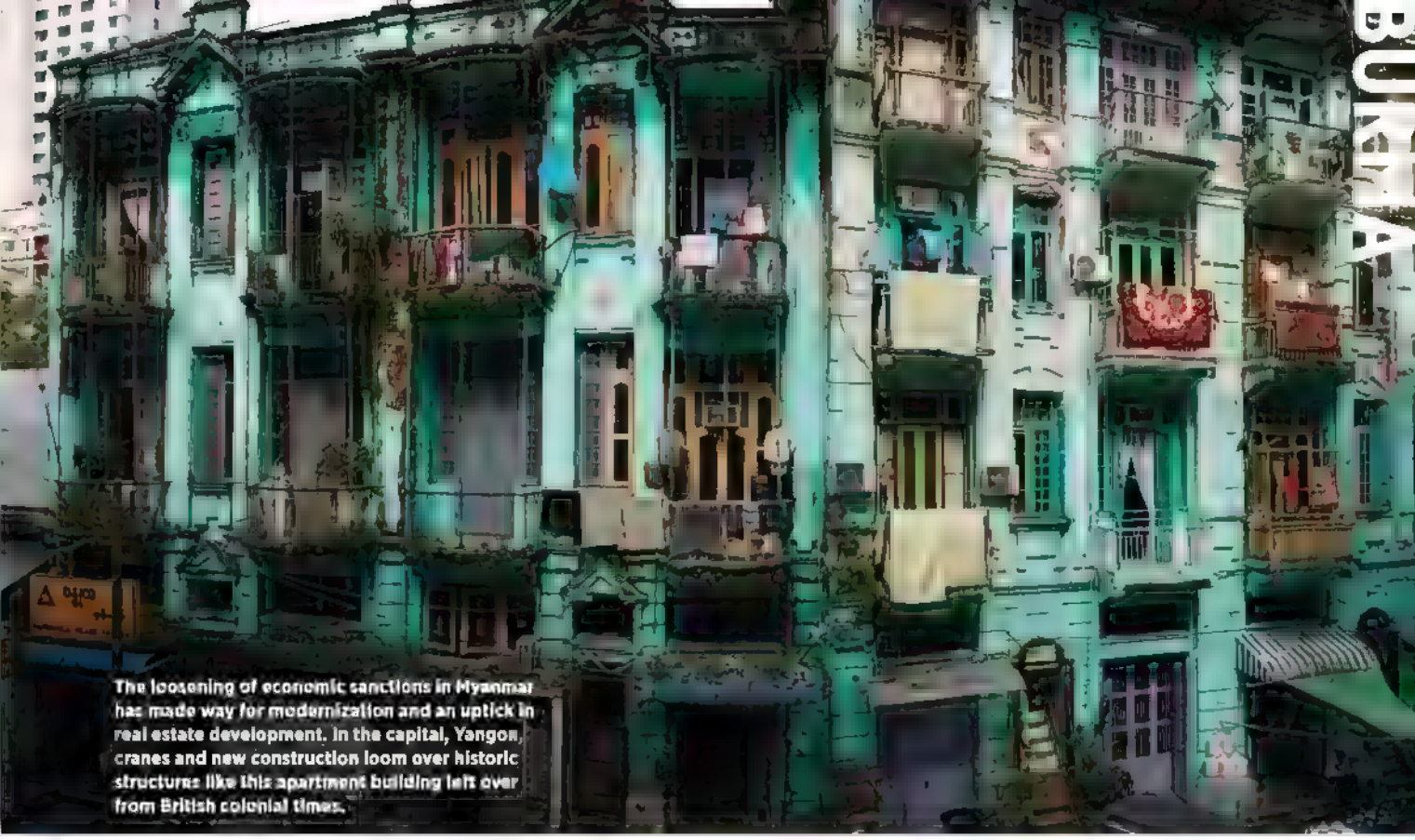
Place a fine-mesh strainer over a heatproof bowl. Heat ½ cup canola oil in a small skillet over medium-high heat. Add ½ cup halved and sliced shallots, reduce heat to medium and cook, stirring often, until golden brown, 3 to 5 minutes. Pour the shallots and oil through the strainer. Transfer the shallots to a paper-towel-lined plate. Reserve the oil, if desired. Store fried shallots airtight at room temperature for up to a week; refrigerate the oil for up to 2 months.

5. Seedless Tamarind Paste

Sometimes called "wet tamarind," this is found with other Asian pantry ingredients at well-stocked supermarkets. Avoid tamarind pods or tamarind concentrate, which has a different flavor and texture. Refrigerate for up to 1 year.

6. Fried Garlic

Place a fine-mesh strainer over a heatproof bowl. Heat ⅓ cup canola oil in a small skillet over medium heat. Reduce heat to low and add ¼ cup sliced garlic; cook, stirring frequently, until the garlic is golden brown, about 4 minutes. Pour the garlic and oil through the strainer. Transfer the garlic to a paper-towel-lined plate. Reserve the oil to use on salads. Store fried garlic airtight in a cool dark place for up to 1 month; refrigerate the oil for up to 2 months.



The loosening of economic sanctions in Myanmar has made way for modernization and an uptick in real estate development. In the capital, Yangon, cranes and new construction loom over historic structures like this apartment building left over from British colonial times.

- ½ cup fried shallots *(see page 84)*
- 3 tablespoons fried garlic *(see opposite)*
- ¼ jalapeño *or* serrano chile, seeded and minced

1. Slice both ends off grapefruit. With a sharp knife, remove the peel and white pith; discard. Cut the grapefruit segments from their surrounding membranes, then cut into bite-size pieces, removing any seeds as you go.
2. Whisk oil, lime juice and fish sauce in a large bowl. Add cabbage, cilantro, shallots, garlic, jalapeño (or serrano) and the grapefruit. Mix well.

SERVES 4: 1¼ cups each

CAL 157 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 23G / **TOTAL SUGARS** 15G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 212MG / **POTASSIUM** 429MG.

Burmese Chicken Salad

ACTIVE: 25 min **TOTAL:** 25 min

Swapping out mayonnaise in favor of lime juice and shallots is a simple change but its impact gives chicken salad a light, fresh feel. (Photo page 81)

- 1 pound boneless, skinless chicken thighs
- ½ cup halved and sliced shallots
- 3 tablespoons lime juice
- ¼ cup canola oil
- 2 teaspoons fish sauce *(see page 104)*
- ¼ teaspoon crushed red pepper
- 3 cups shredded cabbage
- ½ cup coarsely chopped fresh cilantro
- 1½ tablespoons toasted chickpea flour, divided *(see opposite)*
- ½ cup fried shallots *(see opposite)*

1. Place chicken in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer, cover and cook until an instant-read thermometer inserted in the thickest part reaches 165°F, 6 to 8 minutes. Transfer to a clean cutting board and let rest for 5 minutes. Shred.
2. Meanwhile, combine fresh shallots and lime juice in a serving bowl. Let stand for 5 minutes.
3. Whisk oil, fish sauce and crushed red pepper into the shallots. Mix in the chicken, cabbage, cilantro and 1 tablespoon chickpea flour until well combined. Top with fried shallots and the remaining ½ tablespoon flour before serving.

SERVES 4: 1½ cups each

CAL 335 / **FAT** 22G (SAT 3G) / **CHOL** 76MG / **CARBS** 10G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 3G / **SODIUM** 276MG / **POTASSIUM** 376MG

Tea-Leaf Salad

ACTIVE: 30 min **TOTAL:** 30 min

Traditionally, the star of this salad, laphet, is made by fermenting just-picked tea leaves for several months underground in the country's eastern Shan mountains. While laphet is starting to be imported, it is still hard to find. This version, using readily available green tea, offers a quick alternative. Mix the salad at the table so everyone can appreciate the diversity of ingredients—from crunchy to savory—that make it so special. (Cover photo)

TEA-LEAF DRESSING

- 2 tablespoons loose green tea leaves, such as sencha *or* Dragonwell
- 2 cups very hot water (about 190°F)
- 1 clove garlic, coarsely chopped
- ½ teaspoon salt
- 3 tablespoons fried garlic oil *(see opposite)* *or* canola oil
- 1 teaspoon distilled white vinegar

SALAD

- 4 cups shredded green cabbage
- 1½ cups roughly chopped cherry tomatoes
- ½ jalapeño *or* serrano chile, seeded and minced
- ¼ cup fried garlic *(see opposite)*
- ¼ cup coarsely chopped toasted peanuts
- ¼ cup fried yellow split peas *(see opposite)*
- 1 tablespoon fried garlic oil *(see opposite)* *or* canola oil
- 1 tablespoon lime juice
- 2 teaspoons fish sauce *(see page 104)*
- ½ cup coarsely chopped fresh cilantro
- 2 tablespoons dried shrimp powder (optional; *see opposite*)
- ¼ teaspoon crushed red pepper

1. To prepare dressing: Steep tea leaves in hot water for 3 minutes. Drain and press excess water out of the tea leaves (you can drink the tea). Let cool to room temperature.
2. Combine the tea leaves, fresh garlic and salt in a mini food processor; pulse to combine. With the motor running, drizzle in 3 tablespoons oil and vinegar.
3. To assemble salad: Make a bed of cabbage on a round, rimmed serving platter or in a shallow bowl. Spoon the dressing into the center. Arrange piles of tomatoes, jalapeño (or serrano), fried garlic, peanuts and split peas around the dressing. Drizzle oil, lime juice and fish sauce over the top and sprinkle with cilantro, shrimp powder (if using) and crushed red pepper. Mix table side with 2 forks.

SERVES 6: 1¼ cups each

CAL 180 / **FAT** 13G (SAT 1G) / **CHOL** 0MG / **CARBS** 14G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 4G / **SODIUM** 341MG / **POTASSIUM** 333MG.

CHICKEN ON THE 7 TRAIN

We sent food writer **JJ Goode** and photographer **Andrew Scrivani** to New York's most diverse food enclave. Their mission: find out how cooks from around the world transform good old chicken. Here, their top picks.

Travel is great fun, just not, you know, the traveling part. Long lines, passports and pat-downs can make even the most intrepid among us yearn for a week of takeout dinners on the couch. But there is plenty of legroom on the No. 7 train.

Cutting across the middle of Manhattan, the subway line connects the transportation hubs of Port Authority Bus Terminal and Grand Central Station before sliding under the East River. When it emerges mere minutes later in Queens, that's when for tourists, city transplants and even lifelong New Yorkers—the truly transporting experience begins.

Leaving an island dense with tasting menus and Chipotle locations, you enter a sprawling culinary wonderland, by population larger than most American cities and by sheer number of languages spoken, one of the most diverse congregations of people on earth. As the 7 train trades its underground passage for elevated tracks, it snakes above working-class neighborhoods that power the city, communities of immigrants, recent and not, that inspire restaurants devoted to the foods of former homelands, of Egypt and Ecuador, Nepal and Nigeria, Romania and Thailand. For many, this provides comfort. For many others, it is a secret in plain sight, an opportunity for adventure, a portal to faraway places.

With stops in the polyglot precincts of Sunnyside and Woodside, the Southeast Asian center of Elmhurst, the mini-Mexico of Corona and the buzzing Chinatown of Flushing, a ride on the 7 offers a best-of tour of the borough, where the food is so good that even dishes made with mild-mannered chicken carve out a place in our memories. After days of endless eating, chicken revealed itself as the common denominator among the most far-flung cuisines, both a versatile vehicle for a world of exhilarating flavors and a foodstuff familiar enough to welcome tentative adventurers in on the fun.

JJ GOODE *is most recently the co-author of* Pok Pok: The Drinking Food of Thailand.

FILIPINO CHICKEN ADOBO
PAGE 96

7 69 St-Fisk Av

CHICKEN ADOBO

Papa's Kitchen
65-40 Woodside Ave.
(347) 724-9586

When you descend the stairs from the train stop you're treated to the bustle of Roosevelt Avenue, the commercial artery of Queens that runs from Sunnyside to Flushing. You'll also find a neighborhood within a neighborhood where Filipino bakeries, cafés, grocers and bric-a-brac shops serve the estimated 15,000 Woodside residents of Filipino origin. Papa's Kitchen, which feels not so much like a restaurant as a room in someone's home, has a tiny open kitchen where you'll find Miguel Roa simmering and frying in the sorts of pots and pans you'd use on your own stove. Yet don't mistake homespun for dull. There's a reason customers cram the four tables, slurping the sour soup *sinigang*, digging into *laing* (taro leaves simmered in coconut milk) or ogling *lechon*, an entire crisp-skinned suckling pig. Best of all is his chicken adobo, a tangy, salty stew of bone-in bird in that rare dish that manages to both comfort and steal the show.

QUEENS

Many of Queens food joints are carts like this one specializing in the Latin American hash *picadillo*. Carts and trucks can be a cheaper way to start a business like Gaidino Molinero *(opposite)* did before opening his Mexican sandwich place in Corona.

CHICKEN TINGA QUESADILLAS

PAGE 94

Tortas Neza
96-15 Roosevelt Ave.
(347) 666-1517

Corona is a changing neighborhood with the eggplant Parms of Leo's Latticini (*see page 92*) and other vestiges of Italian influence habituating the same blocks as Latin American markets, restaurants and food carts. Now there's a new sandwich king in town. Galdino Molinero. Born in Mexico City, the immigrant entrepreneur started out selling tortas from a backpack, graduated to a truck, and more recently moved to a brick-and-mortar space with just as little square footage and a service window onto Roosevelt Avenue. Molinero is the kind of cook who pickles his own jalapeños (forget the canned stuff), takes his time despite the waiting crowds, and gently ribs new customers whose orders seem too pedestrian. He presides over the griddle, crafting sandwiches named for various Mexican soccer teams—the Torta Pumas, for instance, is a comically oversized number with, among other things, head cheese, hot dogs and a chicken cutlet—and a sleeper-hit chicken tinga quesadilla on a homemade corn tortilla filled with gooey cheese and chicken stewed with tomatoes and chipotles. You can tuck in while standing at the makeshift counter or leaning against a nearby storefront, leaving space in your conversation both for oohs and aahs over the food and for the 7 train thundering past on the elevated tracks overhead.

7 52 St-Lincoln Av

CHICKEN EMPANADAS PAGE 94

Karu Café
53-21 Roosevelt Ave.
(347) 396-5996

While Woods de flaunts pockets of ethnic concentration that earn mon kers l ke L ttle Manila, the neighborhood is more melting pot than buffet tab e, with blocks cluttered w th Irish pubs, Peruv an-Chinese joints, Colomb an steakhouses and Nepa ese restaurants. The exc ting cultura co lision continues inside Karu Café, where Venezuelan Augusto Acevedo and his Paraguayan w fe, Zuny Llano, offer a sampling of their favorite foods. From Acevedo's home land, there are *arepas*, griddled sweet-savory corn cakes split and stuffed with meat, made by his sister From Llano's, there's *mbeju*, a thick, coarse pancake made from yuca flour and cheese, and empanadas (made by her half brother) w th fillings enriched, in the Paraguayan style, by hard-boiled egg. Their audience includes p enty of customers who are regu ars, and not just locals from Latin America but Russians, Koreans and Mus ms as well.

7 46 St-Bliss St

CHICKEN SHAWARMA PAGE 96

Souk El-Shater
43-03 Queens Blvd.
(718) 392-2702

When the 7 train pulls into Sunnys de, you' l see a sign saying "Bliss St." on the wall of the stat on How appropriate—this neighborhood does indeed inspire bliss of the gastronom c variety with its happy hodgepodge of .mmigrants hailing from everywhere from Ecuador to Romania to Lebanon. The cu sine of the last is on display at this tidy, unassuming M ddle Eastern storefront that stands out for the care that owner Ahmad Osman puts into the food. He makes everything from the hummus to the fa afel to myriad varieties of bak ava, and his son Mo runs the counter, assembling platters and tending to the masterfu chicken shawarma. The pillar of spiced dark-meat chicken shawarma earns its name—from the Turk sh for "turning"—as it s owly rotates on a vert cal spit beside the window, its exter or charring enticingly—a time-tested form of marketing.

7 82 St-Jackson Hts

BUBUR AYAM BETAWI PAGE 97

Awang Kitchen
8405 Queens Blvd.
(347) 492-9264

In New York and its boroughs, Chinatowns are numerous. But only in Elmhurst will you find such a high concentration of exceptional Southeast Asian food. One purveyor is Awang Kitchen, an utterly generic space with such remarkable Indonesian food that it makes you wonder what other treasures you overlooked on the walk over. Customers seated at the restaurant's gratuitous sushi bar ignore California rolls as they feast on satay made from young goat and on *rendang*, beef stewed until the meat is tender and the aromatic curry is as thick as gravy. The chef, Siliwanga *(above)*, who like some Indonesians has no last name, showcases cooking from across the vast country; even seemingly simple dishes are memorable. Case in point: *bubur ayam betawi*, rice porridge in the style of West Java, a region nearby the chef's native Jakarta. Turmeric-spiked and topped with chicken (including wonderfully chewy bits of offal), the porridge is umami-packed from rich chicken stock, with a lush texture whose secret the chef coyly declines to share.

More Chicken to Cluck About

CHICKEN PARM

Leo's Latticini
46-02 104th St
(718) 898-6069

While the past half century has seen Italians leave Corona and Latin Americans arrive, this archetypal deli has persevered. Salumi still hangs from the ceiling, the mozzarella is still made fresh daily and the chicken Parm is still a saucy, crusty, fantastic mess.

CHICKEN MOMO

Punda
39-35 47th Ave
(718) 806-1845

At this Tibetan hangout in Sunnyside, the dumplings called momo feature delicately spiced chicken inside purses of dough with fiery chile sauce on the side for dunking.

PAD KRAPOW

Sripraphai
64-13 39th Ave
(718) 899-9599

More than a decade after its transformation from tiny storefront to slick, sprawling restaurant, owner Sripraphai Tipmanee's mecca for Thai food has still got it, evidenced even by Siamese standards like pad krapow, a ferocious stir-fry of minced chicken, fresh chiles and holy basil.

KATHI ROLL

Delhi Heights
37-66 74th St
(718) 507-1111

At Delhi Heights, this Kolkata-born wrap puts the American grab-and-go sandwich standard to shame. Instead of a limp, cold tortilla there's a warm, flaky paratha and inside the wrap, spiced chicken with bracing mint chutney replaces the dull strips with stamped-on grill marks.

7 Flushing-Main St

CHONGQING CHICKEN

Szechuan House
133-47 Roosevelt Ave.,
718-762-2664

Main Street, in Flushing, might be the end of the line for the 7 train, but it's not the end of the excitement. Once you descend the stairs onto the main drag, you join a throng as dense as that in Manhattan's Times Square—or Shanghai's Nanjing Road. Food is everywhere, in displays of lotus roots and dried scallops spilling onto sidewalks, in storefront windows hawking skewered fish balls, and in subterranean food courts beckoning with handmade dumplings and hand-pulled noodles. Though a sprawling Koreatown is only a brief bus ride away, this area is paradise for lovers of regional Chinese food—from the under-the-sea pleasures of Canton to the cumin-crusted lamb ribs of Dongbei to the exhilarating cuisine of Sichuan, of which the 30-year-old Szechuan House is both a skilled and pioneering practitioner. What the tidy little restaurant lacks in frills it makes up for in firepower, though its masterpiece, Chongqing chicken, only looks incendiary. It arrives with far more dried chiles than poultry, though the dish isn't particularly spicy. Instead, crisp nubs of meat are invigorated by the aroma of those peppers along with the flavor of salty bean paste and the addictive mouth-numbing sensation of Sichuan peppercorn.

Chongqing Chicken

ACTIVE: 40 min **TOTAL:** 40 min

At Szechuan House, which provides the inspiration for this recipe, the chunks of meat are encased in crunchy batter, like popcorn chicken but better. To make it at home, we decided to mimic the effect with a simple cornstarch dredge and just a little oil, sparing you both time and the stress of deep-frying. Practiced eaters focus their chopsticks on the meat, avoiding the many chiles and Sichuan peppercorns that give the dish its tongue-tingling character, but we encourage you to risk the lovely agony.

- **1 pound boneless, skinless chicken thighs, cut into 1-inch pieces**
- **3 tablespoons Shao Hsing rice wine *(see page 104) or* dry sherry, divided**
- **2 tablespoons cornstarch**
- **1 teaspoon kosher salt**
- **3 tablespoons canola oil, divided**
- **4 scallions, whites halved lengthwise and greens thinly sliced, divided**
- **1 tablespoon finely chopped fresh ginger**
- **2 cloves garlic, thinly sliced**
- **2 teaspoons Sichuan chili-bean paste *(see page 104)***
- **1 cup whole dried Asian red chiles *or* ½ teaspoon crushed red pepper**
- **1 tablespoon whole Sichuan peppercorns *(see page 104)***
- **½ teaspoon sugar**
- **½ teaspoon sesame oil**
- **1 teaspoon sesame seeds, lightly toasted**

1. Combine chicken and 2 tablespoons rice wine (or sherry) in a medium bowl; let marinate for 15 minutes. Pat the chicken dry, then combine with cornstarch and salt and toss to coat.
2. Heat 2 tablespoons oil in a large flat-bottomed wok over medium-high heat. Add half the chicken in a single layer and cook, turning only once, until golden brown and crispy, 1 to 3 minutes per side. (Use caution, the oil may splatter a bit.) Using a slotted spoon, transfer the chicken to a paper-towel-lined plate. Repeat with the remaining chicken.
3. Add the remaining 1 tablespoon oil to the wok and reduce heat to medium. Add scallion whites, ginger, garlic and chili-bean paste and cook, stirring frequently, until the scallions are softened, about 1 minute. Add chiles (or crushed red pepper) and peppercorns and cook, stirring frequently, until the chiles are very fragrant, about 2 minutes.
4. Return the chicken to the wok and add sugar and the remaining 1 tablespoon rice wine (or sherry). Cook, stirring constantly, until the chicken is hot and well coated, 1 to 2 minutes. Remove from heat and stir in scallion greens and sesame oil. Serve sprinkled with sesame seeds.

SERVES 4: ¾ cup each

CAL 286 / **FAT** 18G (SAT 3G) / **CHOL** 104MG / **CARBS** 7G / **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 20G / **FIBER** 1G / **SODIUM** 597MG / **POTASSIUM** 275MG

Two blocks south of the Main Street stop, the Golden Shopping Mall houses a two-level Asian food court. Inside, at the Tianjin Dumpling House, diners can choose from over 100 varieties.

Chicken Tinga Quesadillas

ACTIVE: 1 hr **TOTAL:** 1 hr 40 min
TO MAKE AHEAD: Refrigerate chicken (Steps 1-4) for up to 3 days.

Galdino Molinero uses freshly made large corn tortillas for his quesadillas, but the tastiness of his creation remains intact even with smaller, store-bought stuff. The key is the zippy make-ahead chicken stewed with charred tomatoes and smoky chile powder, though canned tomatoes (especially the "fire-roasted" kind) and chipotles in adobo will do in a pinch. The spice level is up to you, so feel free to season to taste with chipotle. (Photo: page 89.)

- **1 pound medium tomatoes, cored**
- **1½ pounds bone-in chicken breasts, skinned**
- **2 cloves garlic, divided**
- **4 cups water**
- **1 tablespoon cider vinegar**
- **2 teaspoons chipotle chile powder, divided**
- **1 teaspoon dried oregano, preferably Mexican**
- **1 teaspoon kosher salt**
- **2 tablespoons corn *or* canola oil**
- **1 small white onion, thinly sliced**
- **12 corn tortillas**
- **¼ cup shredded part-skim mozzarella cheese**
- **Chopped onion, fresh cilantro, Cotija cheese & shredded lettuce for serving**

1. Position a rack in upper third of oven; preheat broiler to high.
2. Place tomatoes on a rimmed baking sheet, cored sides up. Broil until blackened on top and soft but not falling apart, 12 to 15 minutes. When cool enough to handle, peel (discard skins).
3. Meanwhile, combine chicken, 1 garlic clove and water in a large saucepan. Bring to a boil over high heat. Reduce heat to maintain a simmer and cook, skimming the surface occasionally, for 20 minutes.
4. Remove from heat and let the chicken stand in the liquid until cooked through, 5 to 10 minutes. Transfer the chicken to a clean cutting board and let cool for 5 minutes. Coarsely shred the meat (discard bones). Discard the garlic clove and reserve ½ cup of the cooking liquid. Rinse out the pan.
5. Place the tomatoes in a blender and add vinegar, 1 teaspoon chile powder, oregano, salt, the remaining garlic clove and the ½ cup reserved cooking liquid. Puree until smooth.
6. Heat oil in the saucepan over medium heat. Add sliced onion and cook, stirring often, until lightly browned, about 10 minutes. Add the tomato mixture and bring to a boil, occasionally scraping the bottom to prevent sticking. Reduce heat to maintain a simmer and cook, stirring occasionally, until the sauce has reduced by about half, 15 to 20 minutes. Stir in the chicken and the remaining 1 teaspoon chile powder. Cook until the chicken is hot, about 5 minutes.
7. Preheat oven to 200°F.
8. Heat a large cast-iron pan or griddle over medium-high heat. Add 2 tortillas at a time, topping one side of each with ¼ cup of the chicken mixture and 1 tablespoon mozzarella. Using a spatula, fold the bare half over the topping and press down firmly. Cook until the cheese has melted and the tortillas are lightly browned, about 30 seconds per side. Transfer the quesadillas to a baking sheet and place in the oven to keep warm. Repeat with the remaining tortillas, adjusting the heat and wiping out the pan as necessary.
9. Arrange quesadillas on a serving platter. Garnish with chopped onion, cilantro, Cotija cheese and lettuce, if desired.

SERVES 6: 2 quesadillas each
CAL 299 / **FAT** 11G (SAT 3G) / **CHOL** 54MG / **CARBS** 28G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 24G / **FIBER** 5G / **SODIUM** 510MG / **POTASSIUM** 469MG.

Chicken Empanadas

ACTIVE: 1 hr **TOTAL:** 2 hrs
TO MAKE AHEAD: Refrigerate dough, sauce and filling separately for up to 3 days. Let dough stand at room temperature for 10 minutes before rolling.

Karu Café's empanadas arrive hot and blistered from the deep fryer, but home cooks will be glad that these baked savory handpies offer similar pleasures without a trip into a vat of bubbling oil. The simple dough, similar to pie crust, comes together in a jiffy in the food processor. For a fun tweak, make mini empanadas with 3-inch, rather than 6-inch, rounds of dough. (Photo: page 90.)

DOUGH

- **1½ cups all-purpose flour, plus more for dusting**
- **1½ cups white whole-wheat flour**
- **2 teaspoons sugar**
- **1 teaspoon kosher salt**
- **7 tablespoons cold unsalted butter, cut into ¼-inch pieces**
- **½ cup ice water**
- **1 large egg, lightly beaten**

SAUCE

- **1 cup packed fresh cilantro**
- **1 large jalapeño, seeded, if desired, and chopped**
- **2 cloves garlic**
- **1 large egg yolk**
- **4 teaspoons lime juice, divided**
- **½ cup canola oil**
- **½ teaspoon kosher salt**

FILLING

- **1 tablespoon canola oil**
- **1 small yellow onion, finely chopped**
- **4 cloves garlic, finely chopped**
- **¾ teaspoon kosher salt, divided**
- **2 tablespoons tomato paste**
- **¾ teaspoon ground cumin**
- **2 cups shredded cooked chicken**
- **½ cup low-sodium chicken broth**
- **3 large hard-boiled eggs, crumbled into ¼- to ½-inch pieces**
- **1 tablespoon melted butter, for brushing**

1. To prepare dough: Pulse all-purpose and whole-wheat flours, sugar and 1 teaspoon salt in a food processor. Add butter and pulse until the butter is pea-size and the mixture looks like coarse sand, 6 to 8 times. Add water and beaten egg and pulse until the dough starts to come together into a ball. Turn the mixture out onto a lightly floured work surface and pat it into an oval disk. Wrap in plastic and refrigerate for 1 hour.

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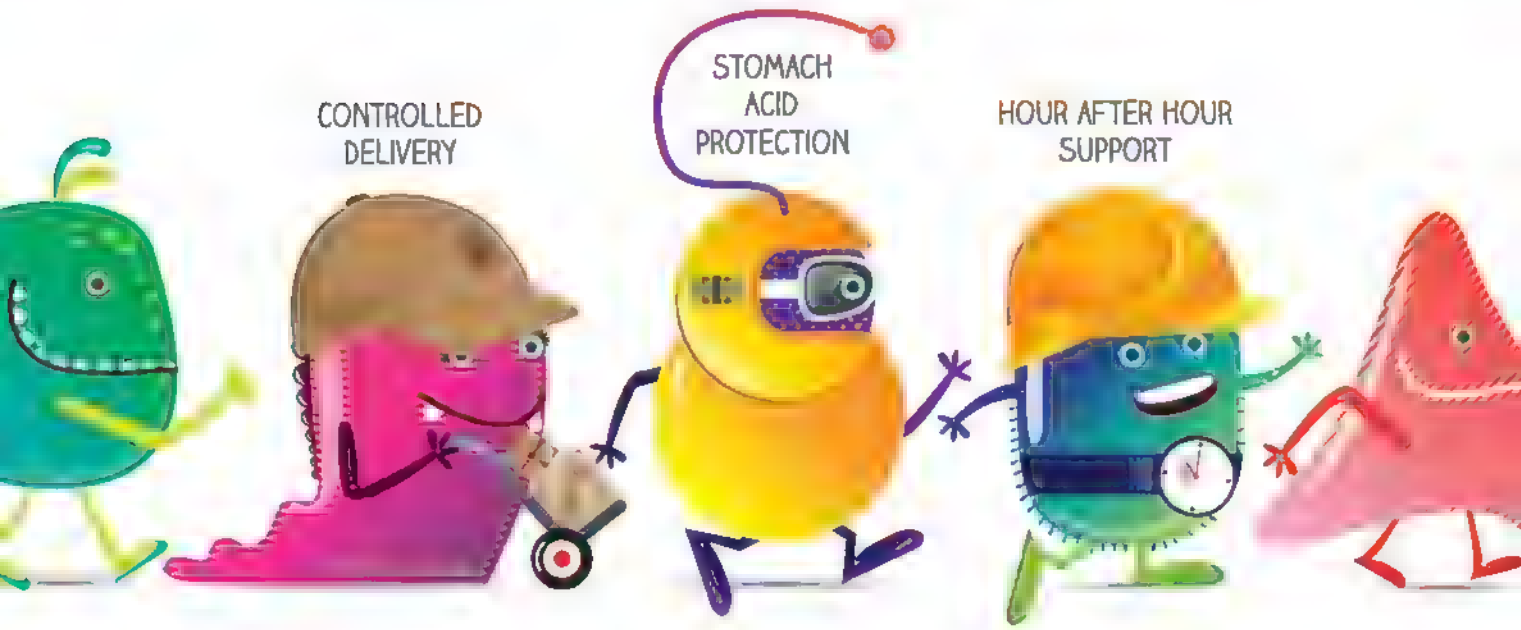

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TABLE

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2. Meanwhile, prepare sauce: Pulse cilantro, jalapeño and 2 garlic cloves in a mini food processor until finely chopped, scraping down the sides once or twice. Transfer to a small bowl. Add egg yolk and 2 teaspoons lime juice to the mini food processor and pulse until smooth. With the motor running, add ½ cup oil in a thin, steady stream and process until creamy. Add the cilantro mixture, the remaining 2 teaspoons lime juice and ½ teaspoon salt and pulse until well combined. Set aside.

3. To prepare filling: Heat oil in a medium skillet over medium heat. Add onion, garlic and ¼ teaspoon salt. Reduce heat to medium-low and cook, stirring occasionally, until the onion is soft and lightly browned, 6 to 8 minutes. Add tomato paste and cumin; cook, stirring frequently, for 1 minute. Add chicken and broth, cook, stirring and breaking up the chicken slightly, until the broth has almost completely evaporated but the mixture still looks moist, 3 to 5 minutes. Season with the remaining ½ teaspoon salt.

4. Preheat oven to 400°F. Coat a large baking sheet with cooking spray.

5. Divide the dough into 8 equal portions on a floured work surface. Form each into a ball and roll out into a 6-inch circle. Scoop ¼ cup of the filling onto the center and sprinkle with 1 generous tablespoon egg. Fold in half, firmly press the edges together to seal and crimp with a fork. Transfer to the prepared baking sheet. Brush with butter.

6. Bake the empanadas until light golden brown, 25 to 30 minutes. Transfer to a wire rack to cool slightly. Serve warm or at room temperature with the reserved sauce.

SERVES 8: 1 empanada & 2 Tbsp. sauce each

CAL 519 / **FAT** 32G (SAT 10G) / **CHOL** 168MG / **CARBS** 39G / **TOTAL SUGARS** 2G (ADDED 1G) / **PROTEIN** 20G / **FIBER** 3G / **SODIUM** 637MG / **POTASSIUM** 273MG.

Filipino Chicken Adobo

ACTIVE: 35 min **TOTAL:** 1 hr 35 min

Perhaps the most famous dish in the Filipino repertoire, chicken adobo has as many versions as there are cooks in the Philippines. Some recipes omit garlic, others add coconut milk; some feature brothy sauce and others reduce that liquid to an intense glaze. At Papa's Kitchen, the dish is simple and spectacular—tender drumsticks and thighs in a tangy, salty sauce. Try this version first (with plenty of white rice), then the next time around, go wild. (Photo: page 87)

- **2 tablespoons canola oil**
- **5 chicken drumsticks (about 1¾ pounds)**
- **5 bone-in chicken thighs (about 1¾ pounds)**
- **1 large yellow onion, quartered and sliced ¼ inch thick**
- **8 cloves garlic, smashed**
- **5 bay leaves**
- **¼ teaspoon whole black peppercorns**
- **1 cup cane vinegar *(see page 104)* or unseasoned rice vinegar**
- **½ cup low-sodium soy sauce**

1. Heat oil in a large pot over medium heat until it starts to shimmer. Add drumsticks and cook until brown on all sides, 4 to 6 minutes. Transfer to a plate. Add thighs to the pot and cook until browned, about 3 minutes per side. Transfer to the plate with the drumsticks.

2. Add onion, garlic, bay leaves and peppercorns to the pot; cook, stirring occasionally, until the garlic just begins to brown, about 3 minutes. Add vinegar and soy sauce and bring to a simmer, scraping up any browned bits. Return the chicken to the pot and turn to coat with the sauce. Reduce heat to maintain a gentle simmer, cover and cook, stirring occasionally, until the chicken is very tender, about 1 hour.

3. Transfer the chicken to a clean plate and cover loosely with foil to keep warm. Bring the sauce to a boil and cook, stirring often, until reduced by about one-third, 3 to 5 minutes. Serve the chicken with the sauce.

SERVES 8: 1 drumstick, 1 thigh & ⅓ cup sauce each

CAL 432 / **FAT** 27G (SAT 6G) / **CHOL** 219MG / **CARBS** 6G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 40G / **FIBER** 1G / **SODIUM** 756MG / **POTASSIUM** 509MG.

Chicken Shawarma with Yogurt Sauce

ACTIVE: 35 min **TOTAL:** 1 hr 50 min (including 1 hr marinating time)

The key to cooking juicy chicken without a split is high heat and dark meat. The yogurt in the marinade gives this adaptation of the shawarma at Souk El-Shater both its tender texture and its alluring char. More yogurt in the sauce, along with crunchy cucumbers and herbs, keeps the flavors bright. (Photo: page 90)

- **¾ cup whole-milk plain yogurt, divided**
- **1 small yellow onion, grated**
- **2 tablespoons lemon juice, divided**
- **3 cloves garlic, pressed or finely grated, divided**
- **2 teaspoons ground coriander**
- **2 teaspoons ground cumin**
- **1 teaspoon ground allspice**
- **1 teaspoon ground pepper**
- **1 teaspoon kosher salt, divided**
- **½ teaspoon ground turmeric**
- **2 pounds boneless, skinless chicken thighs**
- **½ cup finely chopped seeded cucumber**
- **2 tablespoons chopped fresh mint, cilantro *and/or* parsley**
- **3 whole-wheat lavash, halved**
- **Lettuce leaves & sliced tomato for serving**

1. Combine ¼ cup yogurt, onion, 1 tablespoon lemon juice, 2 garlic cloves, coriander, cumin, allspice, pepper, ¾ teaspoon salt and turmeric in a large bowl. Add chicken and rub the yogurt mixture into it. Cover and refrigerate for 1 hour or up to 3 hours.

2. Position racks in upper third and center of oven; preheat to 450°F. Coat a baking sheet with cooking spray.

3. Arrange the chicken in a single layer on the prepared baking sheet; discard any remaining marinade. Roast on the center rack until an instant-read thermometer inserted in the thickest part registers 165°F, about 20 minutes. Move the baking sheet to the top rack and turn the broiler to high. Broil until browned in spots, 3 to 5 minutes. Transfer the chicken to a clean cutting board and let rest for 3 minutes. Thinly slice.

4. Meanwhile, combine the remaining ½ cup yogurt, 1 tablespoon lemon juice, 1 garlic clove, ¼ teaspoon salt and herbs in a small bowl. Divide the chicken among lavash halves. Serve with the yogurt sauce and lettuce and tomato, if desired.

SERVES 6: 1 sandwich each

CAL 341 / **FAT** 10G (SAT 3G) / **CHOL** 143MG / **CARBS** 27G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 32G / **FIBER** 5G / **SODIUM** 560MG / **POTASSIUM** 390MG.

Jakarta-Style Savory Rice Porridge (Bubur Ayam Betawi)

ACTIVE: 1 hr **TOTAL:** 1½ hrs

While chef Sinwanga at Awang Kitchen keeps his porridge-making cards close to his chest, the contours are clear: rice cooked to glorious mush in flavorful stock. We cut down the cooking time, fortifying store-bought broth with chicken and aromatics and then using the flavorful liquid to both simmer the rice and make the gravy. Try 5 fresh curry leaves if you can't find the Indonesian bay leaves. (Photo: page 91.)

- **4 cups low-sodium chicken broth**
- **4 cups water**
- **1 pound boneless, skinless chicken breasts *or* thighs**
- **8 ounces chicken giblets (hearts, gizzards *and/or* livers)**
- **3 dried Indonesian bay leaves *(see page 104)***
- **3 fresh kaffir lime leaves *(see page 104)* *or* 2 teaspoons chopped jarred lime zest**
- **1 stalk lemongrass, trimmed and bruised *(see page 104)***
- **1 cup short-grain brown rice, rinsed**
- **1 teaspoon kosher salt, divided**
- **5 large shallots, chopped**
- **¼ cup canola oil**
- **2 teaspoons ground coriander**
- **2 teaspoons ground cumin**
- **2 teaspoons ground turmeric**
- **½ teaspoon ground white pepper**
- **1 cup unsweetened coconut cream *(see page 104)*, well stirred**
- **6 tablespoons lightly toasted unsalted peanuts**
- **6 tablespoons thinly sliced scallions**
- **6 teaspoons kecap manis (Indonesian sweet soy sauce; *see page 104*)**
- **6 teaspoons sambal oelek *(see page 104)***

1. Combine broth, water, chicken, chicken hearts and/or gizzards, bay leaves, lime leaves and lemongrass in a large pot. Bring to a simmer over high heat, skimming the surface occasionally. Reduce heat to maintain a simmer and cook for 20 minutes. (If using chicken livers, add them during the last 5 minutes of cooking.)

2. Remove from heat and let stand until the chicken breasts (or thighs) are just cooked through and an instant-read thermometer inserted in the thickest part registers 165°F, 5 to 10 minutes more. Transfer all the chicken parts to a clean cutting board and let cool. Shred the meat and slice the hearts, gizzards and/or livers. Set aside. Strain and reserve the cooking liquid, discarding the solids.

3. Combine rice and 4 cups of the reserved cooking liquid in a medium saucepan. Bring to a boil over high heat. Reduce heat to a strong simmer and cook, stirring occasionally, until the rice breaks down into porridge with a texture resembling slightly soupy oatmeal, 35 to 40 minutes. Stir in ½ teaspoon salt, remove from heat, cover and keep warm.

4. Meanwhile, combine shallots, oil, coriander, cumin, turmeric and white pepper in a food processor. Process to form a coarse paste, scraping down the sides once or twice. Transfer the mixture to a large skillet. Cook over medium-low heat, stirring frequently, until very lightly brown and barely sticking to the pan, about 5 minutes. Reduce heat to low and continue cooking, stirring frequently, for 10 minutes more.

5. Pour in the remaining chicken-cooking liquid and bring to a simmer over medium heat. Add coconut cream, the reserved chicken and the remaining ½ teaspoon salt. Simmer gently for 5 minutes. Remove from heat.

6. Divide the rice among 6 bowls. Top with about 1 cup of the chicken mixture, 1 tablespoon each peanuts and scallions and 1 teaspoon each kecap manis and sambal oelek.

SERVES 6: 1½ cups each

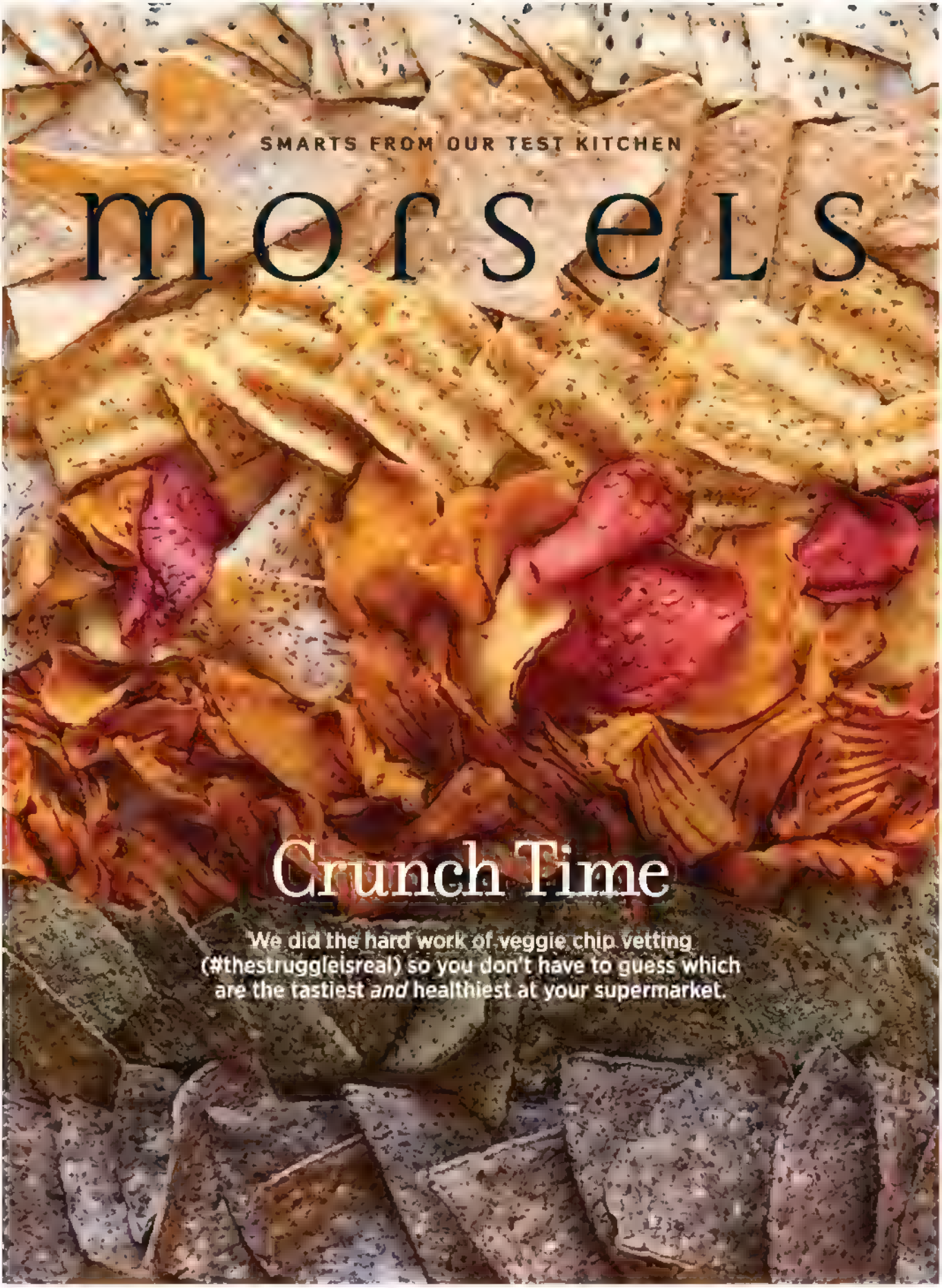
CAL 531 / **FAT** 28G (SAT 11G) / **CHOL** 134MG / **CARBS** 43G / **TOTAL SUGARS** 11G (ADDED 4G) / **PROTEIN** 30G / **FIBER** 5G / **SODIUM** 684MG / **POTASSIUM** 585MG.

TURNS OUT THE OPPOSITE OF HANGRY IS BEAMING

GRAB SOME SUNSHINE

SMARTS FROM OUR TEST KITCHEN

morsels



Crunch Time

We did the hard work of veggie chip vetting (#thestruggleisreal) so you don't have to guess which are the tastiest *and* healthiest at your supermarket.

MELISSA HAMMER

By JULIA WESTBROOK

Chips with Benefits

+ 3 dips we really dig

We analyzed every veggie chip on the market against *EatingWell's* rigorous nutrition parameters, shopped our way through 6 grocery stores, and tore into 39 qualifying bags for taste-testing. After some serious debate (and eating and re-eating), here are our winners—along with some general shopping advice.

Look for the Veg You Want
Because the veggie chip category is so huge and varied, we decided to eliminate white-potato-based chips from the start. It turns out, many "veggie" chips are mostly potato-based, with veggie powders added for flavor and color. Make sure the first ingredient, say parsnip, is the veg you expect to get.

Watch the Salt!
We found some veggie chip brands to be super high in sodium, so keep an eye out. Our cap is 150 milligrams. And stick to the 1-ounce portion to avoid salt—and calorie!—overload. (Most serving sizes keep the latter in check.)

Enjoy Bonus Nutrients
Over half of the veggie chips we picked through in stores had more fiber than potato chips (which only have 1 gram). Some pack 6 grams! And we found bean-based chips have around 4 grams of protein, while sweet potato varieties can be a rich source of vitamin A.

Yummier Red Bean Dip
Hummus fans, meet a new bean: red adzuki, flavored with ginger and ponzu sauce. In Whole Foods Market.

Terra Original
Light and bright, this Lebanese-style garlic sauce is made by a family company in Minnesota. In several Midwest grocery stores.

Rich Creamy Hummus
This rich, vegan, almond-based spread delighted all of our tasters—vegan or not. In natural-foods stores nationwide.

Forager Wasabi Greens
Made with leftover pulp from juices, these chips are a tasty way to tackle food waste. Seedy, with a wasabi kick!

Cassava Crunch Seeds
We chose these cracker-shaped chips, made from the starchy root veg, for their flax-flecked nuttiness.

Beanitos Hint of Lime
So incredibly zesty, who needs salsa? We also like Beanitos Sweet Chili & Sour Cream and Honey Chipotle BBQ.

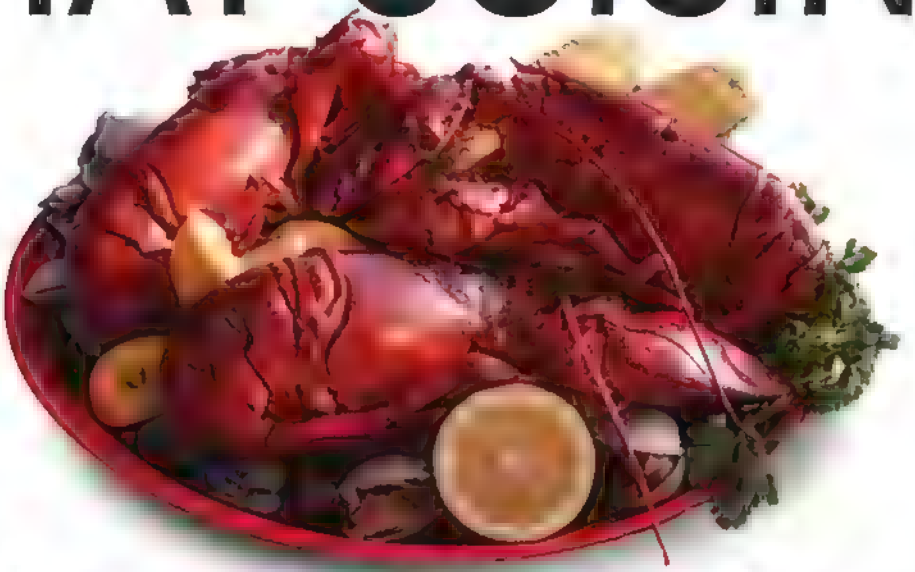
SunChips Veggie Harvest Farmhouse Ranch
Light and crunchy, this chip has great texture. We love its flavors of buttermilk, chives and garlic.

Terra Original
The combo of taro, sweet potato, batata, yuca and parsnip are like a "salad" of real-veg flavors, food editor Jim Romanoff says.

Simply Tostitos Black Bean
Cumin and chili spices give this chip a delicious refried-bean taste. Bonus: you get 5 grams of fiber per serving.

PHOTO: MELANA HAMMER

THAT CUISINE



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The Clean Plate Club

5 all-star dishwasher features your money can buy

Window on the Wash
If you need to see to believe, then **KitchenAid's** dishwasher with a view is for you. A window on the door and an interior light allow you to literally see the clean happening. Instant gratification.

A Cycle for Everything
The **Sub-Zero** Cove Dishwasher, available in March 2018, has been in the making for 10 years! There are over 200 cycle combinations, 41 jets and 3 spray arms. Can you say squeaky, sparklingly clean?

Get the Silent Treatment
With 8 dishwashers so dialed as "whisper quiet," **Samsung's** quietest washer has a sound level of just 38 dBA—one of the lowest available on the market. (For perspective, a whisper is about 30 dBA) *Shhh*yes please

Extra & Adjustable Racks
Bosch washers have a third rack, giving them the industry's largest loading capacity. Added bonus: their middle rack adjusts to different heights to fit bulky pots and pans and your wineglasses.

Smartphone Technology
LG dishwashers connect to your smartphone so you can control your washer from anywhere (and even get status updates). In bed already and forgot to press start? Just ask Siri.
—Lucy M. Casale

We asked our FB & Insta fans: What's your biggest dishwasher-loading pet peeve?

Knives pointy side up. Who does that?
— elunaobscura

Drives me nuts when silverware is put in with the eating side down. Hello? They're going to have a better chance at getting cleanest with them upright. It's really common sense
—Dawn M. Briggs

Seriously, placing a cup upright? Ugh!
—aokhbu

I don't have a pet peeve. Invested in a Miele and it is TOP NOTCH. Has the separate top tray for silverware.
—weezywitt

When one of the 5 other people in my family don't offer to do it after I make them a fabulous meal.
—Jessica Myra

Wineglasses won't fit because the racks are too short for them.
—mimi_marg

When I have to unload the inefficiently loaded dirty dishes to get things to fit appropriately.
—Amanda Hillard

Washing the dishes before loading into the dishwasher. Let the machine do its job!!!
—Sarah Baker

Oddly designed racks that turn simple loading into dishwasher Tetris. Racking shouldn't be that convoluted! Lol!
—Kristie L. Anderson

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The Global Pantry

Cooking recipes from around the world means discovering new ingredients. Here's what they are, how to use them and where to find them.

Barley Malt Syrup: Made from sprouted barley and water, it's traditionally used as a sweetener in breads. Honey or molasses can be used instead but will give a less toasty flavor.

Brewer's Yeast: A key ingredient in beer-making. It can also be used in bread baking to add a hint of beer-like bitterness. In natural-foods stores or online.

Cane Vinegar: Although this vinegar is made from fermented sugarcane syrup, it's not sweet. It is fresh, light and less sharp than other vinegars. Find it at Asian markets or online.

Carnaroli Rice: This short-grained Italian rice gives risotto its characteristic creamy texture. Find it at Italian markets or well-stocked grocery stores.

Chickpea Flour: Made from ground dried chickpeas, this flour is used in Burmese salads. Look for it at supermarkets in the natural-foods or gluten-free section. Store airtight in the freezer.

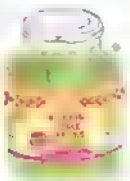
Coconut Cream: This is the same as the solid that rises to the top in a can of coconut milk. Don't confuse it with cream of coconut, which is sweetened. Find it with canned coconut milk at most supermarkets.

Dried Shrimp: These have a distinctive taste and are often used in Asian and Latin American cooking. Look for them at Asian markets or online.

Fish Sauce: Made from salted fermented fish, this pungent, funky condiment is found with other Asian ingredients at the supermarket. Thai Kitchen is a widely available brand that is lower in sodium.

Gorgonzola Dolce: This spreadable blue cheese is buttery, sweet and tangy. Find it at supermarkets with well-stocked cheese sections and at specialty cheese shops.

Indonesian Bay Leaves: Also known as *daun salam*, these dried leaves have an earthy, slightly sour flavor. Curry leaves can be used instead. Get them at Asian markets or online.



Kaffir Lime Leaves (or *makrut* or Thai lime leaves): These lend lemony and floral notes to Southeast Asian dishes. There's no real substitute, but lime zest will work in a pinch. Find the leaves fresh, frozen or jarred in Asian markets and well-stocked supermarkets.

Kecap Manis: This thick, palm sugar-sweetened soy sauce is used in Indonesian cooking. Find it at Asian markets or online. You can make a substitute by whisking equal parts molasses and reduced-sodium soy sauce.

Lemongrass: Find this woody, scallion-shaped herb with an aromatic lemon flavor in the produce section of well-stocked supermarkets. Trim the root end and grassy top. Peel off the outer layer and prepare as directed in the recipe.

Sambal Oelek: A mix of chiles, brown sugar and salt, this condiment is found in the Asian section of most supermarkets.

Shao Hsing: Also known as Shao-Hsing, this seasoned rice wine is used in Chinese cooking. Look for it in Asian markets or with other Asian ingredients in well-stocked supermarkets. Dry sherry is a good substitute.

Sichuan Bean Paste: Sometimes called Pixian chili bean paste *(doubanjiang)*, this fermented condiment is made from fava beans and *erjin tiao* chiles. It adds a spicy, salty, earthy flavor. Find it at Asian supermarkets or buy online.

Sichuan Peppercorns: Despite the name, these reddish-brown dried berry husks, used in Chinese and Southeast Asian cooking, aren't related to black, white or chile peppers. And, instead of making your mouth burn, they make it a little numb and tingly. Look for them at Asian markets or online.

ART EMMA DIBBEN

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recipe index
NUTRITION ANALYSIS

		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B12 (%)	VITAMIN C (%)
BREAKFAST																				
12	Avocado & Caper Bagel	●	312	37	0	10	6	483	288			●		●						
12	Smoked Sablefish & Radish Bagel	●	380	32	0	14	2	629	277											
12	Smoked Salmon & Goat Cheese Bagel	●	252	32	0	17	3	657	141			●							24	
12	Smoked Trout & Cream Cheese Bagel	●	334	32	0	25	2	405	460			●							49	
41	Spinach-Avocado Smoothie	●	357	58	6	18	8	238	1,295	●	●	●		●	55	50		77	25	56
SNACKS																				
36	Cream Cheese & Chive Stuffed Mini Peppers	●	90	5	0	3	1	97	169	●		●		●				43		124
41	Fire Ants on a Log	●	145	12	6	4	2	86	142	●	●	●	●	●						
36	Garlic & Tomato Stuffed Mini Peppers	●	123	8	0	9	2	234	312	●	●	●		●				43		132
36	Hummus & Feta Stuffed Mini Peppers	●	193	12	0	7	3	423	126	●		●		●				45		125
36	Lemony Tuna Salad Stuffed Mini Peppers	●	116	7	0	16	1	238	354	●	●	●						37		132
36	Spiked Egg Salad Stuffed Mini Peppers	●	116	5	0	10	1	74	228	●	●	●		●				43		124
SALADS & SIDE DISHES																				
22	Carrot-Peanut Noodle Salad	●	165	13	0	4	3	287	391	●		●	●	●				339		
22	Cauliflower Risotto Bisi	●	160	15	0	7	4	256	389	●		●		●						85
83	Citrus & Napa Cabbage Salad	●	157	23	0	3	4	212	429	●	●	●						35		138
20	Fennel, Radish & Cucumber Salad	●	85	5	0	1	2	319	266	●		●	●	●						22
82	Ginger Salad	●	127	10	1	3	3	276	255	●		●				23		85		24
76	Gorgonzola & Asparagus Farro		177	2	0	9	1	361	68	●		●		●						
83	Green Bean & Shallot Salad		101	12	0	3	4	210	388	●	●	●						24		35
20	Steamed Artichokes with Herb Aioli	●	245	13	0	4	6	373	434	●				●		20				25
85	Tea-Leaf Salad	●	180	14	0	5	4	341	333	●		●								48
SALAD DRESSINGS																				
47	Anchovy Vinaigrette	●	87	0	0	0	0	175	6	●	●									
47	Caraway Vinaigrette	●	81	0	0	0	0	145	3	●			●	●						
47	Classic Dijon Vinaigrette	●	86	0	0	0	0	154	4	●			●	●						
47	Coriander Vinaigrette	●	85	0	0	0	0	145	3	●			●	●						
47	Hazelnut Vinaigrette	●	82	1	0	0	0	145	2					●						
47	Honey-Lime Vinaigrette	●	85	1	0	0	0	146	8	●				●						
47	Orange-Balsamic Vinaigrette	●	89	1	0	0	0	147	7				●	●						
47	Parsley-Lemon Vinaigrette	●	86	0	0	0	0	146	9	●			●	●						
47	Peanut & Fresh Mint Vinaigrette	●	81	1	0	0	0	185	11	●	●									
47	Sesame-Cider Vinaigrette	●	85	0	0	0	0	152	4	●			●	●						
47	Sherry-Shallot Vinaigrette	●	85	0	0	0	0	145	2	●			●	●						
47	Tarragon-Walnut Vinaigrette	●	83	1	0	0	0	145	6	●				●						
VEGETARIAN MAIN DISHES																				
76	Beet Risotto	●	356	54	0	7	1	461	145	●		●		●						
28	Lemony Linguine with Spring Vegetables	●	372	64	0	18	15	581	930		●	●		●	23	68	25	104		83
82	Noodle Salad with Tofu	●	395	55	1	12	5	650	634	●			●	●	23					36
74	Spinach Cannellini with Cabbage & Smoked Mozzarella		443	30	0	16	3	749	321			●		●	29	28		60		45
CHICKEN & TURKEY																				
85	Burmese Chicken Salad	●	335	10	0	23	3	276	376	●		●								42
94	Chicken Empanadas		519	39	1	20	3	637	273			●					28			
96	Chicken Shawarma with Yogurt Sauce		341	27	0	32	5	560	390		●	●								
94	Chicken Tinga Quesadillas		299	28	1	24	5	510	469	●		●								
93	Chongqing Chicken	●	286	7	1	20	1	597	275	●		●								
96	Filipino Chicken Adobo		432	6	0	40	1	756	509											
97	Jakarta-Style Savory Rice Porridge (Bubur Ayam Betawi)		531	43	4	30	5	684	585			●				27	31	35	60	
41	Sesame-Ginger Chicken Salad	●	331	16	3	30	6	378	963			●				78	20	451		37
17	Sheet-Pan Chicken & Brussels Sprouts	●	351	25	0	29	6	607	887	●	●	●						246		128
34	Slow-Cooker Sesame Turkey Wraps		315	28	1	34	3	653	378			●					21		45	55
32	Stir-Fried Chicken & Broccoli with Mango Chutney	●	515	62	9	34	8	747	800			●				21	22	58		146
FISH & SEAFOOD																				
30	Clam Chowder with Broccoli Stems & Corn		256	33	0	12	5	658	810			●							69	99
14	Roasted Barramundi with Asparagus Gremolata	●	241	5	0	25	2	337	190	●	●	●						24		40
41	Roasted Salmon with Smoky Chickpeas & Greens	●	447	23	0	37	6	557	991	●	●	●			20	40		104	102	86
17	Sheet-Pan Shrimp & Beets	●	266	15	0	29	5	681	873	●		●				49		53	23	58
BEEF & PORK																				
74	Beef & Pork Ragu with Fresh Whole-Wheat Taglierini		281	28	0	21	4	467	384			●						40		22
24	Puttanesca Pork Chops	●	181	6	0	20	1	456	447											
16	Sheet-Pan Pork & Cherry Tomatoes	●	288	17	0	30	4	518	1,109	●	●	●						25		74
16	Sheet-Pan Steak & Potatoes	●	415	22	0	35	3	634	1,215	●		●				33	26		90	25
DESSERTS & BAKED GOODS																				
41	Chocolate-Pistachio Kiwi	●	142	20	6	2	3	22	335	●		●	●	●						107
76	Grissini (Piedmont-Style Breadsticks)		100	14	0	2	1	209	47		●	●	●	●						
76	Hazelnut Torte		266	17	13	7	2	42	195	●				●						
18	Irish Soda Bread with Dried Fruit & Caraway		214	45	0	8	5	354	235					●			36			

+For more info on our nutritional analyses, eatingwell.com/go/guidelines

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By SARA VENTIERA

Pardon the Disruption

Corwin Heatwole is changing the way Virginia poultry farmers raise their birds

THE SITUATION
Corwin Heatwole, a Virginia native who grew up raising poultry, got tired of watching his chickens live in cramped conditions: "Sometimes they'd be so thick in the building you'd have to shuffle your feet to get them out of the way." But he was stuck in the predominant way of producing chickens in the United States, a system run by big poultry companies. These corporations buy millions of birds every year, so they are able to set per-pound prices and strict production guidelines. It can be expensive for farmers to keep up with demands, such as equipment upgrades, leaving them earning far less than expect. And the birds often end up living in blacked-out barns with little to no access to the outdoors.

WHAT HE DID
Heatwole decided to change the way he raised his birds. First, he got his farm USDA Certified Organic, then went on to meet high standards for animal welfare (Global Animal Partnership Step Three and Certified Humane, to name a couple). But the final hurdle was figuring out where to get his chickens slaughtered—most of the USDA-certified slaughterhouses are owned by large poultry companies, so he didn't have access to them. With the help of city, state and USDA grants, Heatwole purchased a defunct turkey-processing plant in Harrisonburg and founded Shenandoah Valley Organic (SVO) in 2014.

WHY IT'S COOL
SVO now works with around 30 Virginia farmers, who raise chickens to its standards. The company sells the chickens under its brand name, Farmer Focus. Heatwole negotiates competitive feed and chick prices on behalf of the farmers he works with. The result: those farmers make, on average, 50 percent more than they would with a big company. "I always had a dream of not just improving the income, quality and practices at my own farm," says Heatwole, "but making that available to many local farms."

Find out where to buy SVO's Farmer Focus chicken at *svorganic.com*

What's with the getup? Corwin Heatwole wears this biosecurity suit to protect his organically raised chickens from disease.

PHOTO LINCOLN BARBOUR

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